

Synopsis

A Beautiful Truth - The Art of Grooming for Women is the definitive guide for women everywhere. Written by Diana Hayden, Miss World 1997, this book enables you to transform yourself into a woman with a truly arresting physical presence. You can benefit from the advice gleaned by Diana's interaction with internationally acclaimed practitioners for over a decade in the fields of skin, make-up, body care, clothing, accessories, poise, posture, health and fitness.

This book extracts the best of Diana's grooming lectures, workshops and research information, backed by hundreds of sketches, diagrams and photographs. Where others have simply skimmed the surface, *A Beautiful Truth* leaves no stone unturned, offering detailed answers to your most pressing questions.

Within these exhortative 256 pages, you can leave the hype behind and demystify the tricks that have not only been extensively explored by Diana, but on which she herself depends. Included, are also little gems of personal anecdotes, ranging from the time she won the Miss World title to her confinement in the Big Boss house.

A Beautiful Truth is a comprehensive guide in grooming knowledge that has stood the test of time and is quick and easy to implement. In today's hurricane world, this book can be a woman's choicest weapon.