



Lit From Within: Tending Your Soul For Lifelong Beauty

Victoria Moran

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Some women exude radiance -- a glow that brings out the inherent beauty -- beyond conventional "prettiness." This quality, says women's wellness visionary Victoria Moran, is independent of age or body type. Rather, it is the result of a well-tended soul.

In this inspirational and Wise book, Moran shares the wisdom and experience from her own search for inner and outer beauty. Her thoughtful observations and advice show how anyone can transform their thinking about what makes us beautiful, while providing simple guidance for creating a radiance that only comes from within.

Each compact essay contains a tool you can Put to use *today* to heighten your awareness of your own inner beauty. With her trademark candor, Moran illustrates how true beauty comes from a sense of wholeness. She combines tips for taking care of your spirit with simple techniques for tending the needs of your body and essays on self-affirmation and the care and feeding of the soul. Women of all ages will relate to Moran's reflections on her journey to a deeper understanding of inner radiance -- beauty that is soul deep.

This sane, sensible approach to a strong self-image and loving self-care is firmly grounded in spiritual common sense, the marriage of body and soul. You start by lighting up your life -- and before you know it, you're lighting up the room.

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