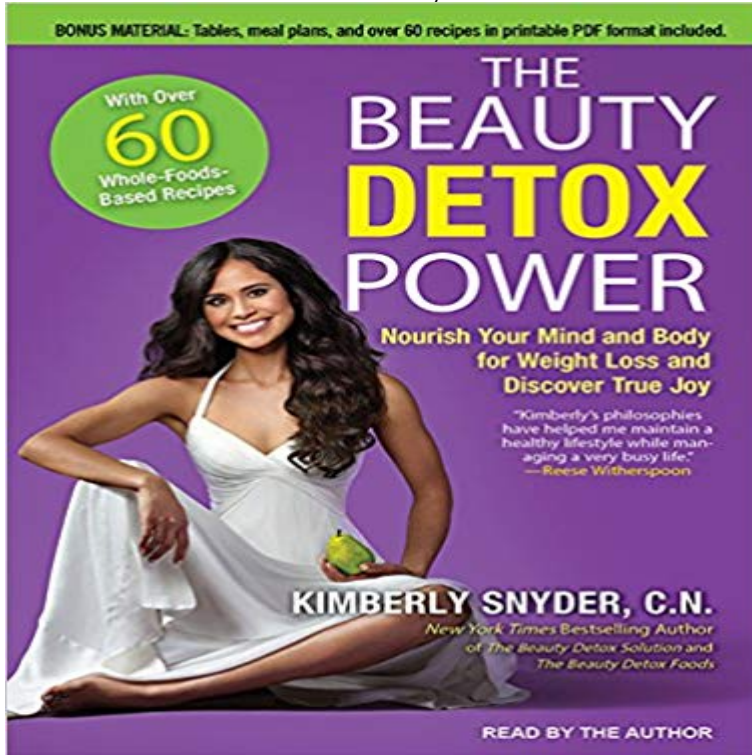


# The Beauty Detox Power: Nourish Your Mind and Body for Weight Loss and Discover True Joy



As Hollywood's go-to nutritionist and New York Times bestselling author of *The Beauty Detox Solution* and *The Beauty Detox Foods*, Kimberly Snyder knows that there is so much more to being truly healthy and achieving and maintaining weight loss than counting calories and working out. The secret is aligning your mind and body. In *The Beauty Detox Power*, she shares the diet and lifestyle changes that are the foundation of her signature program and will nourish your mental and emotional well-being. Heal your mind and body to let go of excess weight. Discover and conquer the root of specific food cravings. Overcome plateaus and blocks to gain inner and outer beauty. Balance your mind and body with over 60 recipes for youthful vitality, health and glow. *The Beauty Detox Power* is filled with revolutionary advice, inspiring personal stories, and powerful tips and tools. Embrace your true power to create your best body, beauty and life.

Abravanel's *World of Torah*, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's *World of Torah: Bereshit* was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's *World of Torah: Shemot Volume I* covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

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