



# Get Positively Beautiful: The Ultimate Guide to Looking and Feeling Gorgeous

*Carminy*

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Carmindy

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According to a recent study, only 2% of women describe themselves as 'beautiful.' (*Dove Global Study 'The Real Truth About Beauty: A Global Report', 2004*) The media instructs women how to 'look ten years younger,' 'cover up wrinkles,' or 'get fuller, plumper lips.' And even makeup products play off womens' insecurities, promising to conceal perceived flaws, define cheekbones, or make eyelashes fuller and longer. The underlying message? That there's something inherently wrong with the way women look and that they have to spend time, money, and energy keeping up with all the ways they should 'fix' themselves.

In GET POSITIVELY BEAUTIFUL, makeup artist Carmindy from TLC's hit program *What Not to Wear* shows you how to change your mindset from negative fault-finding to a positive beauty philosophy. You learn how to find and focus on your best features and how to combat negative thoughts about your appearance. Carmindy demonstrates easy makeup techniques for eyes, brows, lashes, lips, cheeks, and skin, and how to adapt looks to different weather conditions and 'beauty moods.'

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