



Middle Age Beauty: Soulful Secrets from a Former Face Model Living Botox Free in her Forties

Machel Shull

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"MIDDLE AGE BEAUTY: Soulful secrets from a former face model living Botox free in her forties," features insightful interviews with experts on psychology, health and meditation. While sharing her own first-hand account of how she discovered these tips in her early days as a model in Los Angeles, Machel also shares her vulnerable moments as a woman. This book confronts the acceptance of face fillers and asks the reader to embrace their soul, health and beauty before using synthetic methods to alter their natural self. Also find out: Why Botox can actually accelerate aging. Why you should be cultivating new friendships. Why women make better leaders than men. Why you should never lie about your age. What is the one-dollar wrinkle reducer you need to be toting in your purse? And why you should never stop dreaming at any age. Machel shares twenty years of her personal experience as a face model and actress for the foundation to these soulful secrets. Learn how to have more fun, develop new friendships and why you should think twice before leaving the house in your sweats ever again. Read this book to discover how to unlock the balance to health, soul and while embracing your own natural beauty.

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