

The Beauty Prescription
The Complete Formula for Looking and Feeling Beautiful
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Introduction

You're Twenty Percent More Beautiful Than You Think

People often say that “beauty is in the eye of the beholder” and I say that the most liberating thing about beauty is realizing that you are the beholder. This empowers us to find beauty in places where others have not dared to look, including inside ourselves.

—Salma Hayek

We're going to tell you a way to make yourself twenty percent more beautiful in just a few seconds. Impossible? Well, let's give it a try. First, look in the mirror. Second, while looking, understand that other people see you as twenty percent better-looking than you see yourself. How is this possible? Combining what we have seen in our clinical experience with information from psychological studies, we find that women view themselves as approximately twenty percent less attractive than others perceive them. Your brain is a harsher critic of your looks than Simon Cowell of *American Idol* could ever dream of being. But you can make your brain your greatest beauty ally. By giving yourself permission to look in the mirror in a more positive way, you'll see yourself looking better already.

Eyes On Your Own Paper!

The Quiz is in a simple format. It's based on the four stages of the Beauty-Brain Loop: Inner Beauty, Health, Outer Beauty and Environment. For each statement, circle the appropriate number to rate your attitude on a 1-5 scale:

- 1—You disagree completely with the statement.
- 2—You disagree somewhat with the statement.
- 3—You're neutral on or unsure about the statement.
- 4—You agree somewhat with the statement.
- 5—You agree completely with the statement.

At the end of each of the four sections, we'll ask you to total your score. Then at the end of the Quiz, you'll find out what your total score means. So have at it. And remember, the more open you are, even to uncomfortable truths, the more you will benefit.

Section One: Inner Beauty

Everything begins here. The mind affects the body. The mind shapes your behavior and self-care. Your confidence and self-esteem can make you ravishing or cowering. Time to know where you stand.

1. My inner voice tends to be positive and optimistic.

Completely Disagree 1 2 3 4 5 Completely Agree

2. When things go wrong in my life, I try not to take it personally. Stuff happens.

Completely Disagree 1 2 3 4 5 Completely Agree

3. When I look in the mirror, I like what I see.

Completely Disagree 1 2 3 4 5 Completely Agree

4. I am comfortable in situations even when I have to be the center of attention.

Completely Disagree 1 2 3 4 5 Completely Agree

5. When I am completely myself, people tend to like me, quirks and all.

Completely Disagree 1 2 3 4 5 Completely Agree

6. I try not to compare my achievements to those of others.

Completely Disagree 1 2 3 4 5 Completely Agree

7. When bad things happen, I take a deep breathe and find ways to cope.

Completely Disagree 1 2 3 4 5 Completely Agree

8. I'm not a worrier.

Completely Disagree 1 2 3 4 5 Completely Agree

9. I have a strong spiritual side that I cherish and nurture.

Completely Disagree 1 2 3 4 5 Completely Agree

10. When I go out, I feel confident that people will find me attractive, even if I don't look perfect.

Completely Disagree 1 2 3 4 5 Completely Agree

11. I have a great deal of empathy for the feelings of others.

Completely Disagree 1 2 3 4 5 Completely Agree

12. My intellect and sense of humor are my best features.

Completely Disagree 1 2 3 4 5 Completely Agree

13. I don't care if people gossip about me; the only opinions that matter are those of people whom I care about.

Completely Disagree 1 2 3 4 5 Completely Agree

14. I'm a habitually upbeat, positive person. I usually don't get the blues.

Completely Disagree 1 2 3 4 5 Completely Agree

15. I feel pleased with the choices I have made in my life, and if some choices haven't worked out, I'm not afraid to admit it and make changes..

Completely Disagree 1 2 3 4 5 Completely Agree

16. I practice yoga, meditate or do something else to manage stress.

Completely Disagree 1 2 3 4 5 Completely Agree

17. I don't care if other people don't "get" me; what I think about myself matters most.

Completely Disagree 1 2 3 4 5 Completely Agree

18. I am grateful for the opportunities in my life.

Completely Disagree 1 2 3 4 5 Completely Agree

19. My first thought in any difficult situation is, "What can I do to make this better?"

Completely Disagree 1 2 3 4 5 Completely Agree

20. My self-esteem is very strong. .

Completely Disagree 1 2 3 4 5 Completely Agree

YOUR TOTAL SCORE: _____ out of a possible 100.

Scoring the Quiz

- 100-80 in a section:** This is a great score. This area is obviously one of your strengths. You might have some work to do, but probably not much.
- 60-79:** This is an OK scoring range. Some strengths, but there are obviously some things you'd like to improve upon. That's great; knowing what needs work is what this book is about.
- 59 or below:** You can really benefit from our chapter on this stage of the Beauty-Brain Loop. Yes, you need some help in this area, but you have help. We're here to advise you on affirmative steps you can take now.

Thank you for taking section 1 of “The Beauty Prescription Quiz” to complete the full test. The Beauty Prescription book will offer helpful tips to increase your score in each category, please pre-order the book at Amazon or Barnes & Noble.