

Beauty Within:

Finding the Beauty in You

by Garcelle Beauvais

Overview

Beauty Within will highlight the ways in which maintaining health and balance will naturally result in obtaining what many go under the knife hoping to achieve. In this book I will discuss how simple, foundational efforts such as skin care, nutrition, and mental and emotional health can eliminate the need for invasive procedures and surgeries, and produce sustainable habits for maintaining your unique beauty. The philosophy that drives **Beauty Within** is this: taking care of your mind and body from the inside out results in putting your best face forward, allowing the world to see the beautiful, unique YOU.

If there is one thing to take away from my philosophy, it is that every woman has the resources to be and feel uniquely beautiful and that expensive products and invasive surgeries just aren't necessary.

About the Author

Having snagged one of the highly-coveted spots on People Magazine's 50 Most Beautiful in 2014 as well as being highlighted in their accompanying "Half Their Age!" feature, I like to think I know a thing or two about beauty! Born in Haiti, I made my start as a model before naturally transitioning into acting on both the small and big screens, earning myself an impressive fan base by appearing in The Jamie Foxx Show, NYPD Blue, and Roland Emmerich's 2013 film White House Down. Hosting shows such as GSN's *Window Warriors* and *Hollywood Today LIVE* on the Fox Network as well as my co-host appearances on E!'s *Fashion Police* and NBC's *Access Hollywood Live* showcase my experience in pop-culture, fashion, and trending topics. I can also be seen in this summer's wildly anticipated addition to the super-hero series "*Spiderman: Homecoming*" slated for release this July.

I'm an active contributor to various non-profit organizations and my commitment to supporting women is evident in my involvement with Step Up, an organization dedicated to aid girls from under-resourced communities through mentorship.

I'm also a published author and was inspired by motherhood to pen the "I AM" series. These children's books touch on identity issues such as growing up with mixed ethnicity or divorced parents as well as celebrating the value of bravery, resilience, friendship and self-appreciation.

Audience

Beauty Within will resonate with a wide spectrum of women: all ages and backgrounds will benefit from the advice on how to begin good habits early as well on tips for aging with grace; women with every skin type and tone, as well as those from varied socio-economic backgrounds, will find value in **Beauty Within** as the focus is to work with and enhance one's unique beauty. Pricey products and invasive surgeries aren't necessary, and neither is subscribing to a narrowly defined idea of what is beautiful. At the center of **Beauty Within**, all readers will find inclusion, encouragement, and guidance toward becoming their most beautiful selves.

Marketing and Promotion

In addition to participation in promotions arranged by the publisher, I come with many strong connections that can be utilized in promoting **Beauty Within**. These include the daytime shows Access Hollywood Live and Good Morning America, as well as Good Housekeeping, Redbook and Essence magazines.

My social media following includes Facebook (1 million+ followers), Twitter (130K followers), and Instagram (247K followers); content relating to the topics covered in **Beauty Within** is posted on all social media. I am an active poster and continually endeavor to grow my online presence.

Sample Chapter Titles

Work With What YOU Got

How to enhance your natural beauty

New Life Revolution / Skin Care 101

In depth information on how to determine appropriate care for all skin types

No Surgeries, Please!

How to attain the goals of cosmetic surgery without going under the knife

Products I Love

Beauty products that promote your natural health and beauty, beauty dupes (ie affordable products that do the work of expensive brands), and more

Food Your Way to Beauty

Which foods and healthy habits will nourish you and promote healthy skin and a strong body

You're Not Pretty Like Her, You're Pretty Like YOU

How to discover and appreciate your own unique beauty without relying on current trends or unrealistic ideals