

Fashions

Beautiful You 1981



*Fashions
by
Lei
Stroughter*



To be beautiful you must truly get to know yourself. True beauty starts on the inside. Your positive mind is your constant friend, and you must become aware of what your positive mind is saving to you. In other words get to know yourself like never before.

It has been said over and over that being beautiful is a state of mind and it's still true. You can be as beautiful as you make up your mind to be.

Now that you've made up your mind take a good look in your mirror and see what changes you need to make.

What you think is what you express and what you eat is what you are. You and only you have the power to change all things in your life.

Plan to improve your diet and follow your plans. Join a health Spa and exercise unwanted inches off your body.

To be the Beautiful You that you were born to be, you must release stress and strain from your life. Each person must find his or her own ways of releasing stress and strain, but release it you must.

Beautiful You will become a more beautiful you in 1981 if you are willing to find the Christ within you and let God do his perfect work thru you.

God Bless You
Lesia Olivier



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