

## **POSITIVE ATTITUDE IS THE BEST INCENTIVE TO BEAUTY**

## ATTITUDE:

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Your attitude about life is the finishing touch on the beautiful canvas that's YOU. Even the most magnificent oil

painting doesn't look as good as it could if the frame isn't right. So, it's important to envelop yourself with a positive, optimistic attitude about

everything and everyone you come in contact with. Spend a few minutes in the quiet of the morning in meditation or contemplation, refusing to let any negative or worrisome thoughts enter your mind. Throughout the day, congratulate yourself on the things you do well and the compliments you get. Once you develop this kind of reward system, you won't want to give it up. In addition, try giving yourself a treat whenever you can. It relieves stres like nothing else. At the end of the day, lull yourself to sleep with happy thoughts about yourself and those

you love. The inner peace these kind of thoughts and feelings bring, results in exterior beauty.

Las Vegas SENTINEL-VOICE, August 9, 1984

The Ideal Beauty Regimen . . . Understand Yourself:

1. Take the time to get to know yourself. Study yourself, your habits and features, and evaluate each of them realistically. Which are best? Which have areas for improvement?

2. Consult an expert for advice. Every woman's features are different, and to be truly beautiful, your makeup, hair, skin and wardrobe should be suited specifically to

you. Let an expert teach you how to maximize your own beauty potential.

3. Develop a style of your own. What you're trying to achieve is a look that enhances your features as much as possible and at the same time, lets your natural beauty shine through. 4. Allow yourself enough time to be beautiful. Give yourself

enough time to improve the areas that need it and to maintain a balanced, beautiful look. 5. Be open to new ideas.

Be flexible and experiment with new ways to accessorize, apply

makeup, and so on. Freshness only adds to basic beauty.

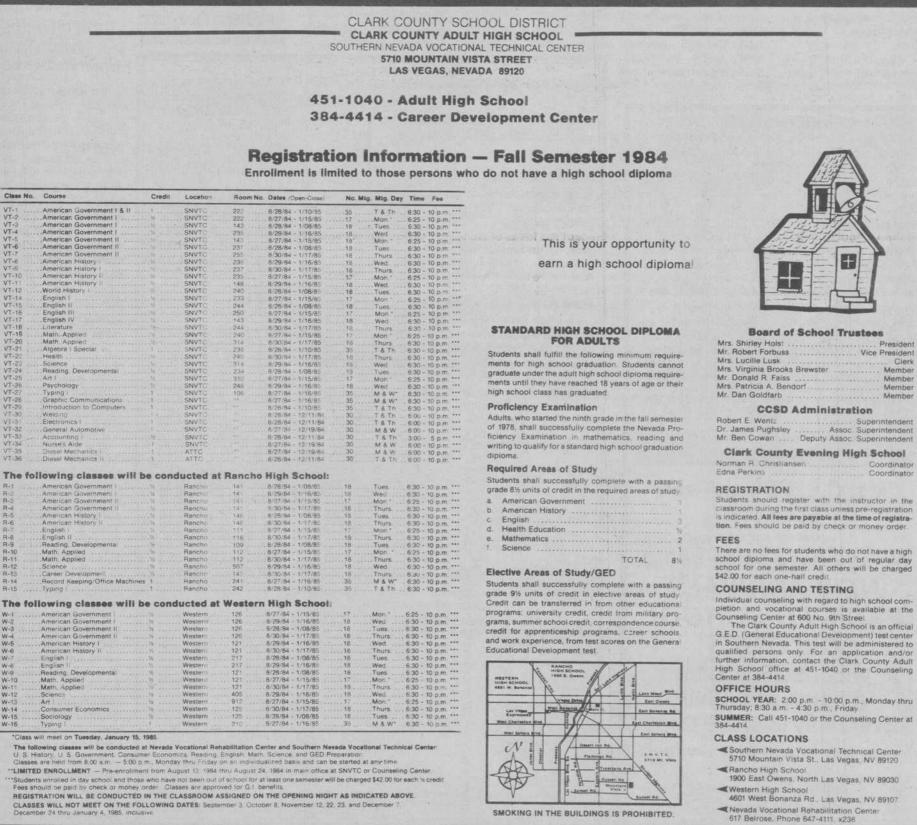
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6. Keep your body healthy. Always get enough sleep and exercise, eat properly and maintain good nutritional habits.

7. Be disciplined. Once you've found what works for you, stick with it. Being beautiful is kind of a positive addition and once you've developed the habit, you won't want to give it up.

8. Have respect for yourself. Always maintain an attitude of tremendous respect for yourself and for people

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