

Beauty Tips for the Inner You

For attractive lips, speak words of kindness.

For beautiful eyes, seek out the good in other people.

To lose weight, let go of stress and the need to control others.

To improve your ears, listen to the word of God.

Touch someone with your love.

Rather than focus on the thorns of life,
smell the roses and count your blessings.

For poise, walk with knowledge and self-esteem.

To strengthen your arms, hug at least 3 people a day.

To strengthen your heart, forgive yourself and others.

Don't worry and hurry so much.

Rather walk this earth lightly and yet leave your mark.

Author: Unknown