

Dear Amazon Customers,

In our previous books, we've covered such medical mysteries as how to make fat disappear and how to slam the brakes on the aging process. So you may be wondering why we've now ventured into the wonderful world of beauty. Well, we'll tell you why beauty isn't just the domain of advertising execs, fashion models, and tattoo artists: In *YOU: Being Beautiful*, we want to obliterate your stereotypes and redefine what beauty really is. Beauty is *not* some superficial and vapid pursuit that belongs to the mirror-loving, tight-pants-wearing narcissists of the world. Instead, we're *all* actually hardwired to seek beauty—as a symbol and reflection of our health. In fact, we're all beautiful because our parents sought beauty in each other. Our book helps you rediscover your beauty.

Once again, we want to teach you about the biology of your body from the outside in—and how you can use that biology to nudge you in a healthier and happier direction. We'll explore three interconnected levels of beauty—looking, feeling, and being beautiful. We believe that when you think about your body and your relationships in this way, you'll be on the path to achieving a universal life goal: To feel good about yourself, because you have strong self-esteem and a healthy, energetic pain-free existence that allows you to appreciate the subtle beauty of day-to-day life, and ultimately know your purpose in life—and show off that purpose by helping others do the same.

To reach that goal, we'll give you insider insights and actionable tips about looking better (from your skin to your hair to your body shape), about feeling better (eliminating pain, beating stress, and improving your energy), and being better (improving your relationships, perking up your sex life, and exploring your own definition of spirituality).

We're confident that after you read this book, you'll never look in the mirror quite the same way again.

Thank you,

Mehmet and Mike