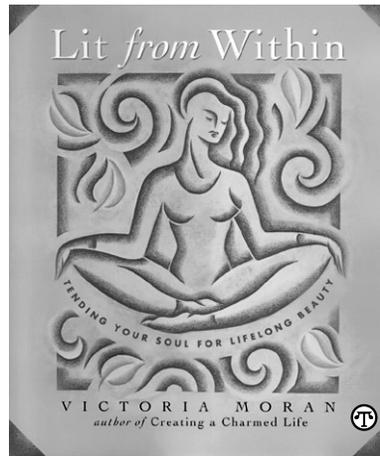


Well-Tended Souls

(NAPSA)—Some women exude radiance—a glow that brings out the inherent beauty beyond conventional “prettiness.” This quality, says women’s wellness visionary Victoria Moran, is independent of age or body type. Rather, it is the result of a well-tended soul.



It is also the premise of her latest book, *Lit From Within: Tending Your Soul For Lifelong Beauty* (HarperSanFrancisco, \$20).



Victoria Moran

Moran believes that inner beauty shows on the outside. “We call it different things—charisma, grace, or poise. But when we see these women, whether they’re conventionally pretty or not, they are beautiful.”

The book offers simple, practical steps for bringing your inner beauty out where it’s more visible to yourself and others. Some suggestions include: keep only the clothes that you love, your name all over them, regard others as significant, be gracious, and develop your sense of style.

Victoria Moran tells all women that there is no exclusivity about being lit from within. “As long as you remember who you really are, in the midst of the world’s expectations about what you’re supposed to be, the light that is in you already will take care of the rest.