



The Truth about Beauty: Transform Your Looks and Your Life from the Inside Out

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A guide to transforming one's shape, looks, and life without the use of drugs, surgery, or depriving oneself.

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StrangeBedfellows says

I absolutely love this book. I've read it cover to cover several times and come back to it for quick references on a regular basis.

I used to be the kind of girl who read 'Cosmo' religiously, spent loads of money on trendy products I was never happy with, and rarely thought about the long-term effects of my lifestyle habits. Then I read this book. Now I happily blow past the beauty mags, buy only the products I know will benefit me, and enjoy feeling healthy and informed.

What I loved most about this book? Kat's focus on achieving beauty through being healthy -- in the most natural way achievable. And effective! Of all the self-help type books I've ever picked up, this is among the most inspirational. Reading this, I believe I can drop those trouble pounds, improve my complexion, bring out my natural beauty, and generally just be healthier -- easily and happily so.

Rebecca Johnson says

This book demystifies some misconceptions about what is good for your overall health and, in turn, your natural beauty. While generally a health book, it also speaks a lot about the illumination of inner beauty and clarifying the things you ingest and put on your skin so that your beauty has an opportunity to shine through. There are many good tips in each section, and Kat James has a very interesting story of how she taught herself about what is healthy and what is not healthy. She suffers from an eating disorder and has been in recovery for about 15 years. But, as a prior bulimic and make-up artist, she had made her living and covered her disease with make-up and cover-up. When she made a choice to select health and live over continued demise, her health began to take hold. She learned how to listen to her body to get well and wrote a book describing that transformation to the readers. My favorite part of the book is the resource guide...which has different references for more information and specific products you can use.

Sarah says

So my mom gave me this book for Christmas. I didn't plan on reading it right away, but one day after I was using it to help my back, I pulled it out and started reading. Her transformation is amazing. She went from an overweight grossly unhealthy woman to what you see on the front cover. She advocates natural stuff. I found her advice eye opening. No, I won't stop eating wheat and bread, and there are some things in her book I have yet to implement, so in all fairness, I don't really know how all her suggestions work. But I started to view what I put into my body and what products I use in a different light. I started to take supplements and make small changes in my shampoos, etc. I started to think that maybe all these processed foods weren't really helping me. Anyways, I now scrutinize all the products I buy, looking for a more natural route. 4 stars because it literally changed my life. It took me a few months to read, because there is so much information.

Juliea Q Smith says

I bought this book on amazon and I desperately wish I could return it. What a joke this book is! I was paging through the appendix before I started to read it and noticed that the author recommends people cleanse their hair with WEN by Chaz Dean which she claims cleanses hair with essential oils. Obviously she watched the infomercial and bought what was said hook line and sinker without actually doing any research. WEN contains both silicone and toxic preservatives. Here is an excerpt from the ingredient list: Amodimethicone, Polysorbate-60, Fragrance, Tetrasodium EDTA, Methylisothiazolinone, Methylchlorisothiazolinone. How am I supposed to trust this author when she recommends a product filled with bad ingredients?

Maria says

Great book on how to look at the things your putting on your face and in your skin!

Amelia says

This book is about natural beauty, focusing on a lifestyle change (food, exercise, vitamins, natural products, etc) to enhance your natural beauty. No pictures but several charts with ingredients, etc. Tackles beauty problems (dandruff, acne, wrinkles, etc) & give basic advice (eg: laser therapy) & diet/supplement recommendations. No actual makeup or haircare application instructions. Mainly just emphasis on switching to natural products. There are specific product recs but only in a resource section in the back of the book. I read this book several years ago. I followed the advice & my skin really did improve. After awhile I got bored with using only natural products & went back to my old ways. Reading this book will inspire a lifestyle change & I would recommend it to anyone looking to switch to more natural products.

Rori Rischak says

This book starts from an excellent premise: love your body and treat it well. The author said that if your skin is red and itchy, or you have dark circles under your eyes, or you look bloated, don't focus on covering these problems up. Get to the root of the problems and fix them. These problems are ways that your body is communicating that it doesn't like something you're doing, and you should love your body enough to listen to it.

Next, Kat James offers some reasons your body might have adverse reactions, and goes on to suggest ways that you can replace your unhealthy habits with healthier alternatives. She writes both about products you put inside your body (i.e., food, drink, and supplementation), and products you put on your body (i.e., shower and beauty products). She sites countless studies to back up her claims.

The final section is full of products that James recommends, as well as additional resources people can use to educate themselves further.

I have not taken so many notes on a book since I graduated from college. I actually learned how to use the highlighting feature on my Kindle specifically because of this book. This is not to say that I bought what she was selling hook, line, and sinker. James is a proponent of natural ingredients over synthetic, pretty much without exception. While that may be a good mantra to adopt if you want to keep things simple, I believe the actual reality is much more complex than that. While I am no chemist, I think some natural ingredients are great for you and some aren't so good, and likewise, some synthetic ingredients are probably pretty unsafe, but others are relatively harmless. In fact, some of the products James recommended contained natural ingredients (such as menthol or citrus) which I have read (in other sources) are harmful to skin.

However, I give James tremendous credit for inspiring me to take a closer look at what I am putting in and on my body. Furthermore, I applaud her for researching this as thoroughly as she has, because she supports her claims with studies that the reader can look into further. This book has transformed my thinking, and helped me to be a better informed consumer.

Kelli says

Amaze-balls. This book is great. trying to live my life by it now.

Valerie Jackson says

Don't let the title fool you. This book isn't about looking pretty. Neither is it a diet book. It does manage to incorporate both of these goals, however, because it is primarily about regaining your health, with regaining your God-given beauty a nice side effect.

It is neither a simple read, nor overly complex. She's out to give you information and does that well. Her focus is on using quality food and supplements to give your body a chance to repair itself, which apparently it does fairly well given the chance. As an expert she's very credible.

My main problem with the book is the quality of the bookbinding. The one at the library fell apart, so I ordered my own from Amazon, and this one, though new, is already showing issues with the book coming apart where it is bound. Not Ms. James' fault, but since it is going to be re-released every now and then, she should convince the publisher to fix that.

Fran says

I'm changing my review about this book. I have a Master's degree in nutrition and feel compelled to correct it. The book itself is misleading; I read it and thought that it was fairly balanced, recommending avoidance of processed carbohydrate foods and refined flours. Good: don't eat sugar, don't eat flour, eat an abundance of good fat; I'm good with that. But then a relative of mine actually went to one of James' Total Transformation workshops. It turns out the program Kat James actually preaches in her workshops is CRAZYTOWN. It's a ketogenic diet. No carbs at all. Not good carbs, not any carbs. Basically it's a free-for-all on heavy cream. Which, in my professional opinion is dangerous long-term. Not to mention unsustainable and unnatural. Not to mention, it won't work for everyone in terms of losing weight (Not everyone has the genetic makeup of an Inuit). Plus, the diet relies far too heavily, in my opinion, on made-up copies of desserts and treats sweetened with xylitol and stevia. While I do agree that xylitol and stevia are healthier sweeteners, I don't think they

should be used in the amounts James actually recommends to her clients, as they only propagate a dependency on sweet tastes regardless of whether they are carbohydrate-containing.

I don't know where the disconnect happened between the recommendations in the book and the recommendations James actually preaches happened. But don't bother reading this book if you want sane, scientific, proven health and weight-loss advice. Instead read anything Dr. Mark Hyman has ever written. He knows what he's talking about and has helped thousands of people transform their health. If you suffer from obesity or diabetes, read Hyman's *The Blood Sugar Solution*. If you want to lose a few and get healthier, read *UltraMetabolism*.

Daniela says

This is a really one of a kind book "beauty book" that focuses mostly on what you put into your body instead of what you put on the outside to make yourself look better.

I love Kat James's philosophy of upgrading your standard food, drink and beauty choices to healthier and more beautifying options and she gives a lot of delicious examples.

How can you not start to salivate when you read this: "plump blackberries in organic, full-fat yoghurt; arugula and goat cheese with slices of exotic pears; ripe avocado slices (...) on moist, sprouted, nutty hemp seed bread" and so on. Yum!

She covers different topics from food to beverages to supplements to gentle face and hair care routines which might be life and/or beauty saver for many people. Be aware though that her approach is an expensive one (paying up to 100 dollars per month for supplements alone), but I always think that one should implement what seems reasonable for oneself and forget about the rest.

I didn't give this book 5 stars because of the one thing I do not approve of: the extreme "low carb" to "no carb" approach. Whether it is healthy or not is debatable, but I think for most people it's just not doable. Great book nonetheless.

Lindsay says

This one was ok....It had a lot of useful information, but I must say that I could never make my diet as strict as this woman does.

Laura says

This was so good that I actually want to buy the book. It is a very good reference tool for a healthy way of living.

Laura says

I really like Kat's approach to wellness and inner beauty which in turn creates your outer beauty. She is a

very positive and motivational.

Valerie says

This book was fascinating. It is definitely a resource I will turn to again and again. The idea behind this book is that our outer appearance is largely affected by what is happening in our bodies and what we put in our bodies. I learned a lot about nutrition and also what types of skin care, cosmetic, and hair products are best to use. The resource guide in the back is phenomenal. While I'm still not sure if I buy into everything she says about the glycemic index and eliminating all sugar and sugar-spiking foods from your diet, like wheat (let's face it -- I'm never going to give these up completely), it has made me take a closer look at my diet and to think more about the amount of sugar I ingest and what it does to my body. I just wish I could go to one of her Total Transformation retreats now!

Note: This book is not recommended for the Nook. I originally bought it as a Nook book, but there are tables in the book that do not translate well to Nook format, and a lot of the info in the tables is missing. I had to buy a hard copy.
