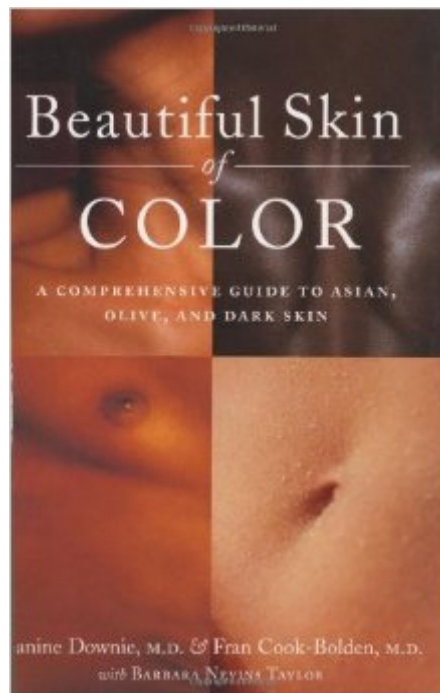


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# Beautiful Skin Of Color: A Comprehensive Guide To Asian, Olive, And Dark Skin



## Synopsis

It's a fact of DNA: If you can trace your roots back to Africa, Asia, the Caribbean, India, Latin America, the Mediterranean, the Middle East, the South Pacific, or any group of Native Americans, your genes react similarly to genes in the darkest skin. And chances are, you may have received confusing advice -- or no advice at all -- about how to care for your skin. Although nearly half the population of the United States shares the hallmarks of skin of color, many dermatologists and beauty consultants routinely prescribe remedies created for Caucasian skin without understanding how sensitive and easily damaged skin of color is. It's no wonder, then, that many women and men of color continually battle skin problems, and it takes a terrible toll on their self-esteem. Finally, **BEAUTIFUL SKIN OF COLOR** unlocks the particular secrets of your skin and provides the answers you've been searching for. Dr. Fran Cook-Bolden and Dr. Jeanine Downie, internationally recognized dermatologists and women of color, and Barbara Nevins Taylor, an award-winning reporter on skin and hair issues, offer clear, specific advice to help you achieve and maintain a healthy, gorgeous complexion. In a quick-reference, A-to-Z format, using examples drawn from personal and professional experience, Dr. Cook-Bolden and Dr. Downie explain why problems occur, and then prescribe reliable remedies and groundbreaking new procedures specifically created for skin of color. Throughout this comprehensive guide, the doctors show you how to work with your skin and hair -- and your dermatologist -- to create your own unique skin-management program. A long-overdue and much-needed resource, **BEAUTIFUL SKIN OF COLOR** is certain to help you look and feel your best.

## Book Information

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## Customer Reviews

Beautiful Skin of Color is a book written by Jeanine Downie, M.D. and Fran Cook-Bolden, M. D. with Barbara Nevins Taylor. It is a Comprehensive Guide to Asian, Olive and Dark Skin. The book has an A-Z reference format of ethnic and multiethnic skin conditions and problems. It addresses about 30 different skin conditions prone to Asian, Olive and Dark Skin. Each chapter ends with a section titled The Bottom Line that summarizes what was discussed or addressed in the chapter. Beautiful Skin of Color is written in a format that is easy to understand and the chapters are relatively short making it a fairly easy read. The information contained in the book is very informative and to the point. The information and advice given is sound and up to date. It is also news about groundbreaking "new procedures specifically for people of color." Beautiful Skin of Color points out the good and bad of the different remedies and products on the market for people of color. It also tells the truth about some of the conditions that were sort of a mystery. It let's you know if something can be cured or not. It shows you how to manage the problems and conditions that are incurable. It is a guide that explains the best way to care for Asian, Olive and Dark Skin as the skin can be very sensitive. It also points out some of the dangers of home remedies and products on the market that can cause more harm than good to ethnic skin. The Authors are in hope that this book will provide you with the tools you need to look your best. They realize the importance of feeling good about yourself and having healthy, nutrient and radiant rich skin. When you are comfortable in your own skin everything seems a little brighter and life is a little less stressful.

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