

# Total Beauty

T H E T O T A L M A K E O V E R C O M P A N Y , L L C

## Contributing Writers

Hope C. Taylor  
 Rahwa Casselle  
 Kenya Johnson  
 Brian Johnson

## Welcome!

I am Kenya Johnson the president of The Total Makeover Company and Chief Editor of the Total Beauty Newsletter that you receive every month. I am so glad that you have decided to receive the Total Beauty Newsletter and I pray that you are enjoying every issue.



**Kenya J. Johnson**  
 Master Personal Growth Coach

Every Total Beauty issue is dedicated to the enhancement of your personal growth. It is filled with useful information that can be applied to your life now and endeavor for it is to give you the make good decisions in every ideas on how to live

cated to the enhancement of with useful information that can somewhere in the future. My information that you need to area of your life and to give you life to the fullest.

This month's newsletter will deal with the area of relationships. You will find useful information that will help you make wise

decisions concerning any relationship that you will form or think about forming. It is important to understand that you know that each relationship you form will either enhance or stunt your personal growth. If you find yourself in a relationship that you are not sure about and you need the advice of someone that knows. Please feel free to email or contact the Total Makeover Company with your questions and you will receive the information that you need.

Again, I pray that you enjoy this issue and that your personal growth is enhanced.

Have a blessed day!

*Kenya Johnson*

Kenya Johnson, M.P.G.C.

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**D O N ' T A L L O W U N G O D L Y T I E S T O H I N D E R  
Y O U R D E S T I N Y  
B Y : H O P E C . T A Y L O R**

"Can two walk together unless they be agreed?" (Amos 3:3 KJV)

Godly relationships can bring life and multiplication to our destiny while ungodly relationships can draw us away from our destiny in God. As Mary the mother of Jesus caused Elizabeth's baby to leap upon her entrance into Elizabeth's home, so we need people that will cause our destiny to leap forward and grow. In Godly relationships there is a giving and a receiving on both ends. Constructive criticism is able to be given to build us up and not tear us down. People who are trustworthy and who walk in integrity help catapult us into the next level of our destiny. Now no one is perfect, but when we have people in our lives that have a true relationship with God they are able to see us the way God sees us, and love us with God's unconditional love. There is safety in surrounding ourselves with people who exemplify Godly wisdom. We have a choice. We can choose relationships that bring life.



Hope C. Taylor

**P A M P E R M E P R E T T Y**

*"Mix 2  
tablespoons of  
honey and 1  
tablespoon of  
half & half  
evaporated milk."*

You will be happy to know that there are some simple and easy pampering techniques you can do at home. For the next few newsletters I will share with you some of those techniques. This technique is a mask you can make at home. All you need is honey and half & half evaporated milk. Mix together 2 tablespoons of honey and 1 tablespoon of half & half evaporated milk. Apply to your face and let set for a few minutes and wash off with warm water thoroughly. Your skin will feel fresh and revitalized.

If you have a home made beauty or pampering secret send it to me and see it featured in a future issue. You can send it to: [kjohnson@thetotalmakeover.com](mailto:kjohnson@thetotalmakeover.com) via email or by fax at (313) 272-3415.

**L O V I N G Y O U R S E L F  
B Y R A H W A C A S S E L L E**

What does it mean to love your self? Loving yourself simply means, being happy with who you are. You respect yourself and you expect others to respect you as well. It means that not only do you actually have self worth and value but also that you are aware of this self worth and value. Additionally, it means that you do not put yourself in a position to be harmed physically, emotionally, or mentally. A healthy sense of loving yourself comes from first knowing and understanding whom you are. In order to know yourself you must search yourself; being honest about both your strengths and weaknesses and then learning to accept both. If you come across things that are difficult for you to accept then you can be proactive and begin to change them. There are two outcomes of not loving yourself. First, if you do not love yourself, no one else can love you either. Others learn how to treat you by the way you treat yourself. They learn what actions and words are acceptable to you and what you will tolerate, you set the standard by which others will follow. Second, if you don't love yourself, it is difficult to love someone else. Loving yourself is actually the starting point for learning to love others as Matthew 22:39 indicates, "You shall love your neighbor as yourself." The verse teaches that the love you give others will be equal to that which you give yourself.



Rahwa Casselle

# June 2006

SCHEDULE OF EVENTS	Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 5 @ 6pm – Self –Esteem Group				1	2	3	
June 12 @ 6pm – Self-Esteem group	4	5	6	7	8	9	10
June 19 @ 6pm – Self-Esteem Group	11	12	13	14	15	16	17
June 26 @ 6pm – Self-Esteem Group (This day and time subject to change)	18	19	20	21	22	23	24
If you would like to become a part of a self-esteem group please email Kenya Johnson at info@thetotalmakeover.com	25	26	27	28	29	30	

## True Relationships

By: Brian K. Johnson

Relationships are a natural part of life. There is really nothing in this world that does not function through relationships. There are relationships between man and creature, creature and nature, man and nature, nature and nature, creature and creature, and man and man. There are relationships among chemicals and elements as well. Although there are different kinds of relationships there is one thing that is constant, each relationship has principles necessary for the success of that relationship. Following the principles will yield a positive effect; not following the principles will yield a negative effect.

There is one relationship that is most important above all relationships and that is our relationship with God. The success of our relationship with God is determined by our willingness to adhere and follow His principles for relationship. The success of any relationship one may have with others, and even themselves, is related to the relationship they have with God. God's principle for successful relationships is for us to love Him with all of our hearts, soul, and mind. Then we are to love our neighbor as ourselves. If we love God, we can love ourselves then we can love others. True relationship is first found in God. God is love and love is God.



Brian K. Johnson

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THETOTALMAKEOVER.COM



THE TOTAL  
MAKEOVER  
COMPANY, LLC

Phone: 313-272-0415  
Fax: 313-272-3415  
E-mail: kjohnson@thetotalmakeover.com  
Website: www.thetotalmakeover.com

**The Total Makeover**  
**"Restoring Beauty from the Inside Out"**

### **My Confession**

*I am fearfully and wonderfully made. God made me in His own image. I will not believe the things that friends, family members, employers, my spouse or the world tell me I am. I will not listen to the distorted views of the world's idea of a healthy self-image. I will not give in to the things that they say. I will look into the mirror and love what I see. I see a woman of God full of power and authority. Devil I serve you notice. You will no longer make me think that I am less than beautiful. In the name of Jesus I bind and rebuke every hindrance, obstruction and blockage that will not allow me to see myself in God's eyes. From this day forward I will see my self in the image of God. AMEN*

## G U E S S   W H A T   H A P P E N E D   O N   T H E   W A Y   T O   M Y D E S T I N Y R E V I E W S / C O M M E N T S

Your book was so heart felt. Your open and honest candor was a definite eye-opener for me. Sometimes we walk around with secrets, feeling so ashamed and downtrodden; and then come a book like yours. The book discusses issues that so many women can totally relate to. Suddenly, the lights come; bells start to ring; and most of all the word of God is accepted. "...God is no respecter of persons:" (Acts 10:34). How many times have we heard this, without fully accepting it?

There are consequences for everything (good or bad) that we do; however, God is right there to forgive and the carry us through - even when we can't see a way out. The words in this book prove it. There is no reason not to believe that we are doomed, because redemption is just a prayer away.

You have blessed my soul. -A. Hamilton,  
Detroit, Michigan

Wow! You are a walking testimony. Very easy read that kept me captivated to the end!

*H. Taylor  
Detroit, MI*