

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
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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.

This month we are focusing on portant that we invest time and every area of our lives. In order rounded individual you must see ment worthy of the time and reap its benefits. There are yourself to become every area of your back to school or live a healthy life. have to know that it ment in the long run.



Kenya J. Johnson
 Master Personal Growth Coach

investing in ourselves. It is im-energy to better ourselves in to develop or become a well yourself as a profitable invest-energy you will spend in order to many ways that you can invest in who you want to be in life, rather it is going making an effort to Whatever it is you is worth the invest-

In this issue of Total Beauty I hope you find what you need to begin taking steps to becoming that well rounded individual that is hidden deep down inside. Take some time to write down some ways to invest in yourself. Remember, self investment is guaranteed a profitable return.

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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Who do you think you are?

By: Hope C. Taylor

The thoughts that we think help shape who we are. If we think we are ugly and unintelligent long enough it becomes truth to us and we begin to act it out. The opposite is true as well. If we believe we are beautiful and intelligent we begin to see ourselves in this way and begin to act upon it. Our true identity and self worth come from God. We must begin to meditate upon his word to find out what He thinks of us. Psalm 139:14 (NKJV) says, "I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well."

We are apart of God's work therefore, we are marvelous in His eyes. We are not a mistake, but we were purposely made unique in our personality, our gifting and our various styles. As no two diamonds are alike although they shine and sparkle so do we. We shine as precious jewels in the earth made in God's image and likeness exemplifying his beauty. As we align our thoughts with God's thoughts we will see our true identity unfold.

Pamper Me Pretty

*"Here is a
recipe for a bath
that will soften
your skin and
make you feel
relaxed"*

Pampering yourself is a good way to invest in yourself. It is putting the time and energy in to making yourself look and feel great. Here is a recipe for a bath that will soften your skin and make you feel relaxed. You will need:

2 cups of powdered milk
1/2 cup of honey
Oil of lavender
Oil of orange

As the bath water is running, add the powdered milk and the honey and swirl with your hands until these ingredients have dissolved. Add around five drops each of the scented oils and mix those in as well. The lavender will tone your skin as the milk and honey soften it, and the smell of the orange oil will relax you. This is the perfect way to unwind in the evening.

Invest In You

BY: Brian Johnson

When a person decides to make an investment there are 3 common components one looks at, the risk, the value, and the return. As women the greatest investment you can make is not in a career, a man, neither a new outfit with complete accessories. The greatest investment a woman can make is in her. Investing in yourself should be of little risk, however, the risk increases if you have a low self image of yourself. You are of great value; however a low self image decreases your value. The return desired is walking in and fulfilling the destiny God has prepared for you. See yourself as being fearfully and wonderfully made. You are unique by design, risk free and high in value, worth the investment of your time, attention, energy, and money, to yield the greatest return possible, your destiny. Go on girl and invest in you, God did when he created you.

It's Time To Make A Change!

In August we will be starting a new Self-Esteem/Self-image group. This will be the third group to go through the program. So far The Total Makeover has had much success and is improving with every person and every group. This is a three month program that will get you started on your way to a better and more confident you.

The Self-Esteem/Self-Image group is designed to teach, build & restore women to reach their full life potential not just physical, but mental, emotional and spiritual. Each woman attending this group learns to love themselves for who they are and who they have the potential to become. By attending this group you will learn to become a support for others, learn to live life to the fullest and move beyond the past on the road to your destiny.

This group is hosted by Kenya Johnson, a certified Master Personal Growth Coach by Rhema International. Knowing what it is like to have low-self-esteem and poor self-image, she pours herself into every group member that attends. Many areas will be discussed during these group sessions that include but not limited to: self-esteem, self-image, body image, disappointments and much, much more. This group will in no way take the place of therapy.

This new group will begin, Monday, August 21, 2006 @ 6pm. The cost for this group is: \$40 dollars a month or \$120 for all three months.

All materials used are included in the cost of the program (workbooks and reading materials). All who are interested must sign up by Saturday, August 12th. If you would like to sign up for the upcoming group please contact us at (313) 272-0415 or email us at: info@thetotalmakeover.com.



Order your workbook today!



Sign—Up Today!

Self-Esteem/Self-Image Group

Name	Address	City, State	Zip Code	Phone Number
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Order total: _____
 Tax: _____
 Shipping: _____
 Total: _____

Method of Payment

- Check
- Money Order
- Visa
- MasterCard
- American Express

Name _____
 Address _____

 Phone _____

Credit Card # _____ Exp. date _____

Signature _____

Special Offer
 Self-Esteem Group Cost
 \$25.00 per week
 \$100.00 per month*
 \$300.00 Total program*
 * Prices includes all materials used.
If you sign-up by August 12th you will get \$15 dollars off the per week fee bringing a total of \$40* per month and \$120* per total program.



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WE'RE ON THE WEB!
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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

To My "Daughter"

I am so glad that you gave your testimony, I read your book five times, and also was privilege to read the transcript before it was published. I thank God for your courage to reveal the pain, disappointments and heart-ache in your book. But through it all God brought you through it for a reason. You came out strong and more determine for other young ladies to know that God has a plan for their life and they don't have to settle for less. The enemy met it to destroy you but in the word of God Romans 8:28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose. [NIV] I know that You love the Lord with all your heart, and the ministry in you is coming forth, you have touch the hearts of many young's ladies, and ministered to them, so prepare yourself and your heart for this is only the beginning, the days ahead are going to get busy, ministering. Get Ready, Get Ready.

-Pastor J. Hogan