

## THE DESERVING PORE

'I'm a big advocate of wellness and daily happiness; happiness begins my morning meditation.'

Gratitude is a positive mindset and contributes to stress-relieving therapies. And stress-relieving therapies are increasingly becoming part of the beauty we have in our lives: we can all be bought and sold.

Routines of the skincare-obsessed are happy and positive, suggesting that it should be more frequently prescribed for the negative. It is to do with genetics (although beauty influencers add to your happiness every morning.

Yes, every morning.) Time and/or money to burn is more likely than science: take some of the wackier expensive creams. It takes three weeks to focus on the positive but don't expect dewy skin. We know

that stress contributes to intrusive self-help practices put forward by those who have already made a lot of money. If you are loathe to spend then create an optimistic mindset, be grateful and keep saying 'Thank you skin. Thank you skin.'

Skin has a lot to offer. Tucks and cuts don't ever work but at least gratitude trains the mind and can be the way to deal with acne, eczema and psoriasis, or the kinds of people who want to add radiance to your skin. Forget it, you are free.

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