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# ***HEALTHY FASHION: THE DEEPER TRUTHS***

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## **Healthy Fashion: The Deeper Truths**

by Alyssa Couture

Published by John Hunt

Publishing under their  
mind/body/spirit imprint

AYNI books.

# **ALYSSA COUTURE**

***Alyssa Couture's new  
fashion book **HEALTHY  
FASHION** offers methods  
of fashion for your health  
that combine:***

***alternative health***

***+***

***metaphysics***

***+***

***spirituality***

# **Fashion Author Bio**

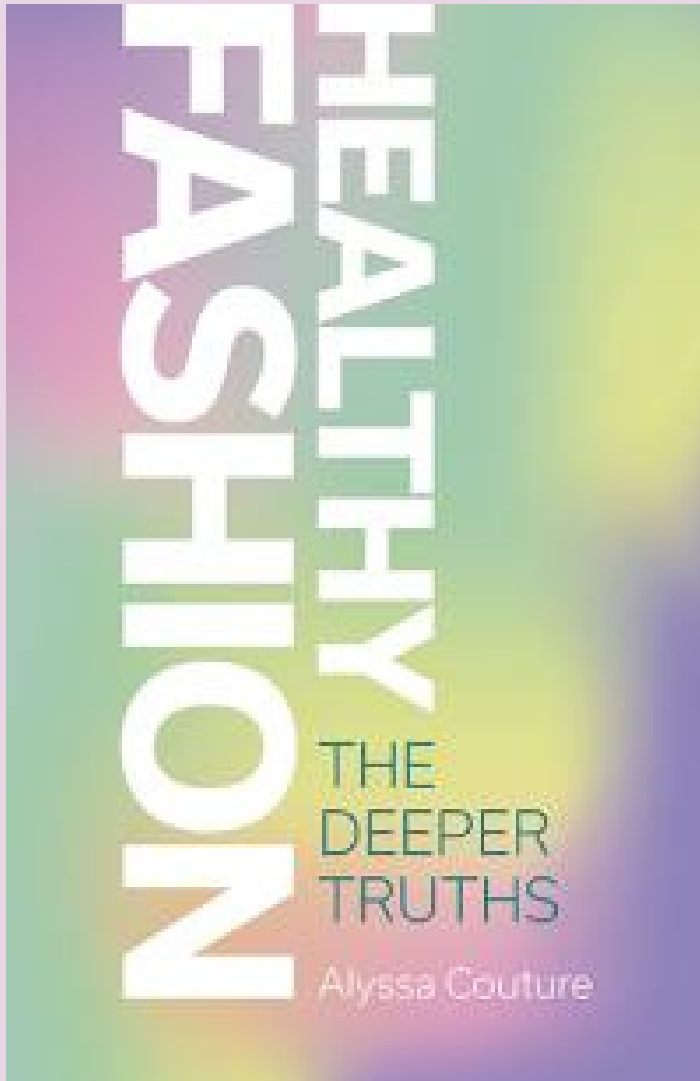
Alyssa supports conscious fashion consumers who want to build a healthier wardrobe and fashion professionals that want to build a healthier fashion business.

Alyssa offers methods and ways fashion can be used as an alternative health remedy + as a long-term modern wellness trend. Fashion is to be used to support the mind, body, and spirit.



*Fashion for your health is to revamp the body, mind, and soul. If we are healthy, we are happy. We can make fashion do the work for us!*

# About the book



## book blurb

We all want more ways to feel and look healthy. Fashion can do just that, and Alyssa Couture is here to show you how.

There's so much pain and suffering in the world, but fashion can be the tool to promote and create healing, health, and overall balance and harmony.

# What people say about Alyssa's Work

*"This is super helpful! Thanks for sharing" - Alice Tiffany*

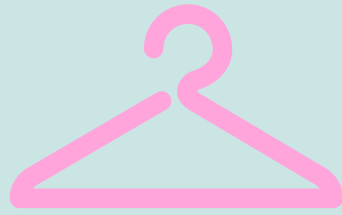
*"This is very informative and impressive" -Neha Sharma*

*"I love what you stand for, I am in the process of creating a product that embodies your philosophy + awareness."*

*-John Hur, BLOOM FIBER*

# Author Photos





## Contact Alyssa

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