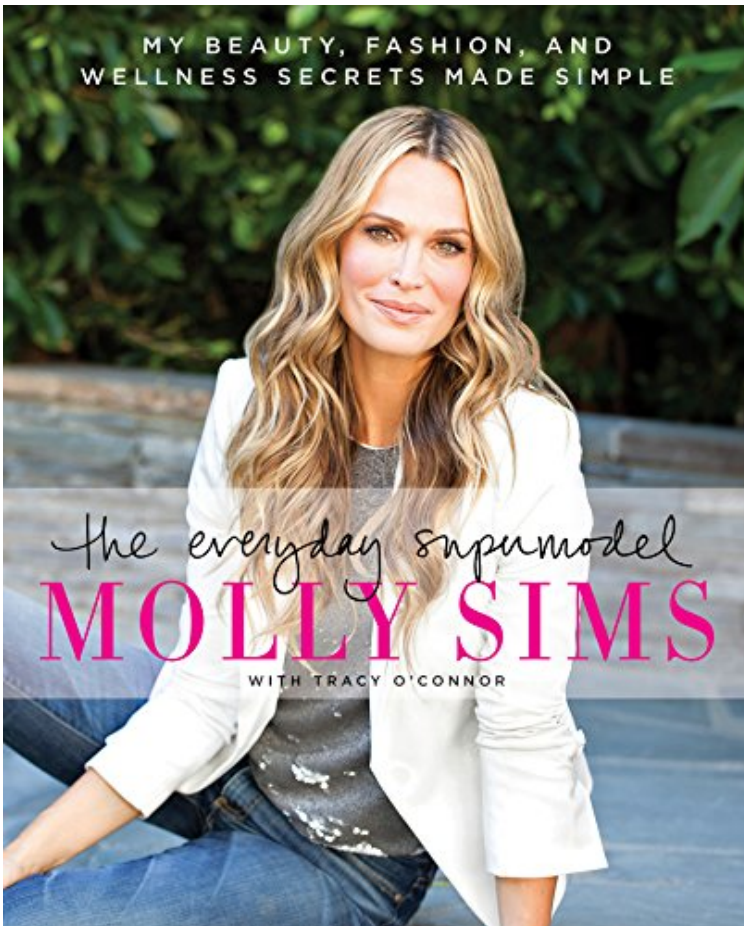


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The Everyday Supermodel: My Beauty, Fashion, and Wellness Secrets Made Simple



*Par Molly Sims, Tracy O'Connor
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Description :

Prsentation de l'diteurWith down-to-earth charm, humor, and best-girlfriend tough love, supermodel next door Molly Sims shares her hard-earned beauty, fashion, fitness, and health secrets in this fully illustrated four-color guide.Molly Sims wasnt born looking the way she does on television and in print. Like all of us, shes had bad hair days, weight issues, skin problems, career setbacks, and fashion disasters. The secret to her seemingly perfect supermodel look and confidence? She works hard to look good . . . and shes tried everything.In this fun and practical guide, Molly interweaves stories from her life with her own tried-and-true tips, as well as advice from the best in the business of beauty, health, fitness, and fashion. The ultimate guinea pig when it comes to looking good and feeling good, shes learned what worksand what doesntand is prepared to share it all with women everywhere.Not afraid to dish on herself, Molly breaks down her personal weight loss strategies, anti-aging secrets, style advice, and so much more. Filled with insider secrets, easy to follow hair and makeup tutorials, on-the-go workouts, healthy recipes, and look good/feel good advice, it truly is a Hollywood tell-all! The Everyday Supermodel is guaranteed to transform the

everyday woman into the very best version of herself. Presentation de l'auteur With down-to-earth charm, humor, and best-girlfriend tough love, supermodel next door Molly Sims shares her hard-earned beauty, fashion, fitness, and health secrets in this fully illustrated four-color guide. Molly Sims wasn't born looking the way she does on television and in print. Like all of us, she's had bad hair days, weight issues, skin problems, career setbacks, and fashion disasters. The secret to her seemingly perfect supermodel look and confidence? She works hard to look good . . . and she's tried everything. In this fun and practical guide, Molly interweaves stories from her life with her own tried-and-true tips, as well as advice from the best in the business of beauty, health, fitness, and fashion. The ultimate guinea pig when it comes to looking good and feeling good, she's learned what works and what doesn't and is prepared to share it all with women everywhere. Not afraid to dish on herself, Molly breaks down her personal weight loss strategies, anti-aging secrets, style advice, and so much more. Filled with insider secrets, easy-to-follow hair and makeup tutorials, on-the-go workouts, healthy recipes, and look good/feel good advice, it truly is a Hollywood tell-all! The Everyday Supermodel is guaranteed to transform the everyday woman into the very best version of herself. Quatrième de couverture Discover the everyday supermodel inside you! Molly Sims wasn't born looking the way she does on television and in print. While her photos have appeared in Sports Illustrated and graced the covers of Self, French Vogue, Allure, and Cosmopolitan, Molly didn't inherit a secret skinny gene or a perfect complexion. She's had southern girl "mall pouf hair" and made fashion missteps, and like all of us, has endured heartbreak and career setbacks. So what's the secret to Molly's seemingly flawless supermodel look and confidence? She works hard to look and feel good every day . . . and she's tried everything. The ultimate guinea pig, Molly has learned what works and what doesn't and now shares her road-tested secrets with women everywhere. In this fun and practical guide, Molly interweaves stories from her life with her own tried-and-true tips, best-girlfriend advice, tell-it-like-it-is honesty, and insider insights from the best in the business of beauty, health, fitness, and fashion. Inside The Everyday Supermodel, Molly pays it forward with: Weight-loss strategies to help you end your love/hate relationship with food On-the-go workouts to help you move, dance, spin, and stretch your way to a hotter, healthier, happier you Chic and figure-flattering style advice for every budget Easy-to-follow hair and makeup tutorials that will take you from the everyday to the runway Look-good/feel-good advice to help you bounce back from setbacks, decide what you want, and make your dreams come true! Within every woman is an everyday supermodel all you need to do is find her. Let Molly be your guide!