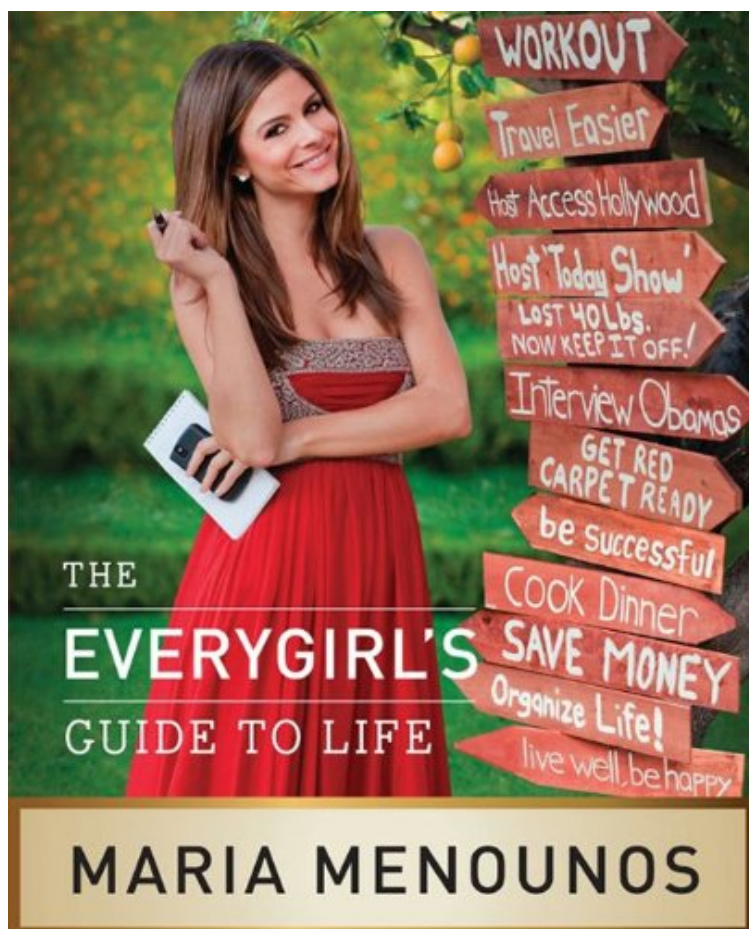


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# The EveryGirls Guide to Life



Par Maria Menounos  
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## Description :

Prsentation de l'diteurRaised by working-class immigrant parents and later exposed to Hollywood's most elite experts in every field, Access Hollywood's, Today's, and Nightly News's reporter Maria Menounos reveals her EveryGirl secrets on everything: her systems to organize life, manage time, and ascend the ladder of success; her lazy woman's workout; her weight-loss tips (how she lost forty pounds and kept it off); and her guide to styling yourself like the starsa self-proclaimed EveryGirl, Maria often does her own hair and makeup for celebrity events.In The EveryGirl's Guide to Life, Maria shares personal experiences and photos from her life and professional journey as well as the various mantras, mottos, and philosophies she's adopted from the world's most impressive women. She gives advice on health, career, relationships, renovations, recreation, and more. From your carpet to the red carpet, Maria teaches the EveryGirl on a budget how to do it all, while living a healthier and happier life.Revue de presseOne stop shopping! Maria shows us girls how to successfully juggle it all while looking fabulous. I love her lazy woman workout and yummy recipes! (Kim Kardashian)Although shes a beautiful woman, Maria is that rare individual who has learned how to retain her childlike enthusiasm for life and it shows in everything she does, especially this book. She is contagious in the most wonderful way. Can you tell I adore her? (Kathie Lee Gifford)Maria always has great

advice and solutions! Whether its getting ready for the red carpet or organizing your life, Maria always does it better, faster, and cheaper. (Tori Spelling)She is a beautiful, hard working lady who has a will and way to make things work for herself! She has some great tips that are easy to apply and help make your life better (Heidi Klum)Why didnt someone give me Marias book a few years ago??? I have wasted so much of my life looking for my other shoe! Maria is organized, down to earth, and sweet to boot. What a trifecta (and a great read)! (Hoda Kotb)Prsentation de l'diteurRaised by working-class immigrant parents and later exposed to Hollywood's most elite experts in every field, Access Hollywood's, Today's, and Nightly News's reporter Maria Menounos reveals her EveryGirl secrets on everything: her systems to organize life, manage time, and ascend the ladder of success; her lazy woman's workout; her weight-loss tips (how she lost forty pounds and kept it off); and her guide to styling yourself like the starsa self-proclaimed EveryGirl, Maria often does her own hair and makeup for celebrity events.In The EveryGirl's Guide to Life, Maria shares personal experiences and photos from her life and professional journey as well as the various mantras, mottos, and philosophies she's adopted from the world's most impressive women. She gives advice on health, career, relationships, renovations, recreation, and more. From your carpet to the red carpet, Maria teaches the EveryGirl on a budget how to do it all, while living a healthier and happier life.