

Download Supermodel You Shockingly Healthy Insider Tips To Bring Out Your Inner Supermodel

Contrary to popular belief, most models don't work out, don't diet, don't starve themselves, don't subsist on cigarettes and illicit drugs, and don't have poor self images. Models are not anymore ...That's what Supermodel YOU is all about. International model Sarah DeAnna teaches you the shockingly healthy habits that models use to maximize their amazing bodies, iconic faces, and confident attitudes. That's what Supermodel YOU is all about. International model Sarah DeAnna teaches you the shockingly healthy habits that models use to maximize their amazing bodies, iconic faces, and confident attitudes. You'll learn the Five Keys to channeling your inner supermodel as you discover how models really eat, dress, exercise, sleep, de-stress, travel, and stay gorgeous no matter what. As you adopt a supermodel mind-set, life will get easier, more glamorous, sexier, and a lot more fun. Supermodel YOU: Shockingly Healthy Insider Tips to Bring Out Your Inner Supermodel | Sarah DeAnna, Eve Adamson | ISBN: 9781401940201 | Kostenloser Versand für alle Bücher mit Versand und Verkauf durch Amazon.