



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

By Molly Sims, Tracy O'Connor

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## **The Everyday Supermodel: My Beauty, Fashion, and Wellness Secrets Made Simple** By Molly Sims, Tracy O'Connor

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.

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