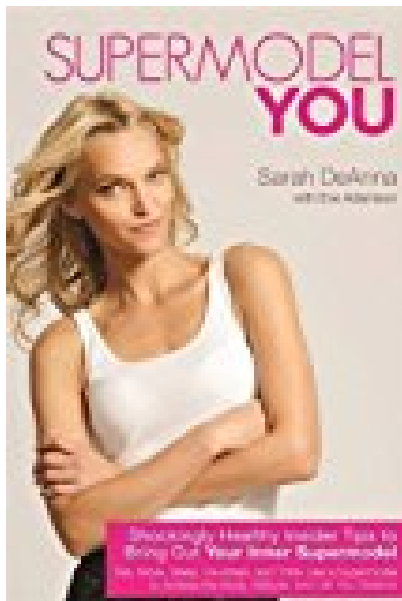


# Supermodel YOU Shockingly Healthy Insider Tips to Bring Out Your Inner Supermodel

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## BOOK DETAILS

- Author : Sarah DeAnna
- Pages : 304 Pages
- Publisher : Hay House
- Language : English
- ISBN : 140194020X

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## BOOK SYNOPSIS

Reveals the healthy habits that supermodels adopt to help them feel beautiful, assured, and empowered, covering such topics as diet, dress, exercise, sleep, personal appearance, and travel.

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