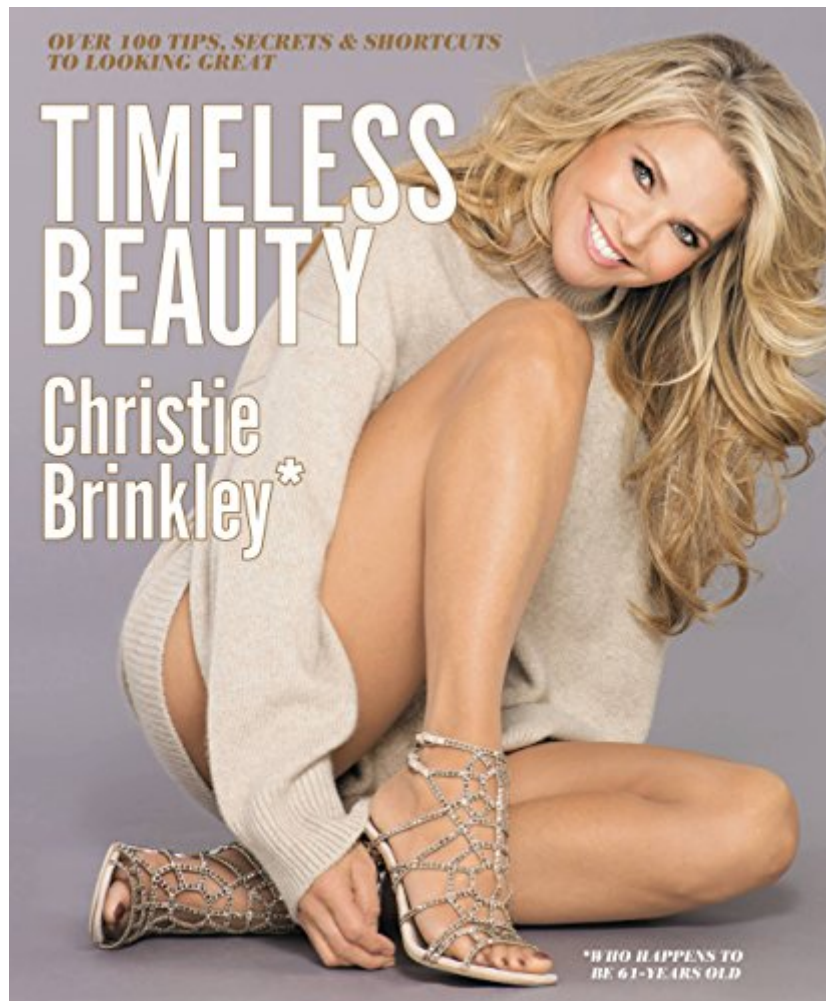


The book was found

Timeless Beauty: Over 100 Tips, Secrets, And Shortcuts To Looking Great



Synopsis

In her first book in more than 30 years, supermodel Christie Brinkley shares the secrets she's learned on what to eat, how to apply makeup like a pro, and what to wear to look like a knock out. She has the face and body of a 30-year-old and she just turned 60! From tips on which skincare products really make our skin look younger to which foods cut inflammation to a fitness plan with easy exercises to keep us strong and our waistlines lean, Brinkley draws on her years of experience maintaining her supermodel appearance to help readers look and feel their youthful best. She also offers makeup tips that will make any face look younger, fashion advice on necklines, skirt lengths, and more! With never-before-read personal stories, beautiful photographs, hundreds of timesaving tips, plus a good dose of humor, this will be the book that every woman will want to own and share with her friends.

Book Information

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Customer Reviews

I don't usually write reviews, but I am for this book because it was a waste of money and I don't want you to waste yours. Unless you know nothing about beauty and health, it doesn't tell you anything you don't already know. Either she isn't telling the truth or she just has amazing genes (she

didn't even have menopausal symptoms). You can't maintain a decent weight and look like she does if you don't strictly watch your everything you eat and workout very hard or have exceptional genes. At least she admits to having some cosmetic procedures in small amounts but what about sharing EXACTLY what you do for exercise? I'm not sure why celebrities aren't willing to go into more details about what they do. At 47, in order to maintain a good weight, I work out five to six days a week for an hour or more doing weight training and cardio, counting calories and measuring everything I put into my mouth, not eating at restaurants, having desserts or processed foods, and I still couldn't be a fitness model. I don't know why they can't tell us that they work out 2 hours a day or do two workouts a day, etc.? I also think she was just trying to push her own skincare line too and some of the cosmetics she recommends aren't even available in the United States. I'll sum up the book for you from what I remember: exercise, eat healthy and wholesome foods (possibly think about becoming some type of vegetarian), but don't deprive yourself, drink lots of water, use hair extensions or Rogaine for thinning hair, don't tan, use self tanner and sunscreen.

Save your money, ladies! I preordered this book with anticipation, which shortly became disappointment. Beautiful pictures of Christie throughout, and some good vegan recipes and some exercise tips. But the rest was all CHRISTIE. Stuff Christie uses, Christie's colors, Christie's fav clothes, and so forth and so on. There's few makeup and other general guidelines for people who aren't exactly like Christie...and frankly, who is?!

Warning -- there are rigged comments from "mystery people." I read Ms. Brinkley's book, and thought it was pretty good. (Although not as good as I had hoped.) I wrote (what I considered) an exceedingly fair and perhaps overly generous review. Now I am getting snark on my review from her "friends" or someone in her camp. (Publicist? Friends? Her?) As well as two identical comments (punctuation and everything) under two different male names. (One of which has since been deleted. I mean -- why would a guy be reading a book about women's health and beauty, anyway?) Frankly, I expect more of Ms. Brinkley. She always seemed like a decent person. Just warning you.

too many vanity shots, too few truly useful hints

There are lots of photos of Christie looking beautiful in this book. I assumed that someone who looks this good at 61 would have some groundbreaking tips or tricks, no? Alas, the advice is

standard beauty book fare, "eat right, exercise, exfoliate, see a good dermatologist, etc.". For more SPECIFIC tips, you would be better off buying Tanya Zavasta's book, "Ageless Face". Christie describes her life as idyllic...nonstop happiness. That is great. Good for her. However, this makes the book less accessible, less relatable, and ultimately less interesting. I enjoyed Molly Simms's book MUCH more. Molly offered tons of beauty tips and tricks, but also spoke candidly about being dumped before meeting her fabulous husband, her battle to lose pregnancy weight, etc. While Molly embraced her flaws and struggles, Christie seems like she doesn't have any. While Molly's book read like a girlfriend dishing about all of her beauty routines and life experiences, Christie's book seems more like a glossy brochure, with no real depth. It could have been much better.

Really, Christie! I'm not one to rush out and buy whatever celebrities endorse. I did have a read through and same old bulls***! This is all about Christie, her wonderful life and products. You have to understand one thing she does not relate to the average person, the amount of time and money she spends on herself, the average earning woman couldn't afford. Actresses/models will never tell you their secrets that's what makes them stand out from the rest. Although they have good genes to start they do use cosmetic procedures, that's a fact. Christie has had a few, and she can afford to and she still does. Don't give me this crap about smiling all day with positive thoughts and eating, exercising right. She uses fillers, botox and facials etc. This is self promotion, don't get me wrong she is attractive, however she loves herself only and this is all about her and making money off women who feel like s***. I don't believe anything that comes out of her mouth, she's a liar. She just wants to keep herself in the spotlight. Ladies, save your money, make yourselves beautiful doing the things you want, not what celebs tell you. Be yourself and love yourself, forget what anyone else tells you, what you should look like and what you should eat. The same applies to Elle McPhearson with her welleco elixir crap!. All these greens and proteins have been around far and beyond, we have been eating and drinking the. Do you really need a celebrity telling you that?. SPEND YOUR MONEY ON YOURSELF, THE WAY YOU LIKE. NOT WHAT THEY TELL YOU TO BUY! BECAUSE THEY LOOK WONDERFULLY COSMETICALLY ENHANCED!

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