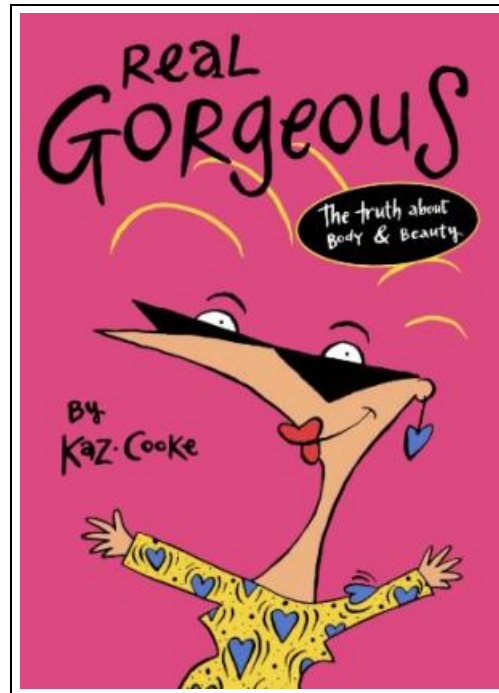


## Real Gorgeous: The Truth about Body and Beauty



Filesize: 4.38 MB

### **Reviews**

*It is one of my favorite publications. Indeed, it can be playful, nonetheless an interesting and amazing literature. I discovered this publication from my mom and dad suggested this publication to understand.*

*(Camryn Williamson)*

## REAL GORGEOUS: THE TRUTH ABOUT BODY AND BEAUTY



W. W. Norton & Company. Paperback. Condition: New. 272 pages. Dimensions: 9.4in. x 6.6in. x 0.8in. A hilarious and empowering book for girls and women who are insecure about their body image. Take it from Kaz Cooke: There are millions of gorgeous body shapes. Yours is one of them. Dieting doesn't work. Your thighs are pretty cute. Exercise should be fun not duty. Cheap cosmetics can be as good as expensive ones. Advertising lies. Plastic surgery sucks. Modeling can be miserable. You can recover from an eating disorder. You can read magazines and watch television critically. You can fight the Body Police. At last, here is a book that tells you how to be friends with your body. Real Gorgeous is a big, funny, reassuring read about fashion fibs and diet myths and the truth about, among other things, push-ups, push-up bras, and the great cellulite scam. It is meticulously researched and sensible, but it avoids impenetrable theory and instead embraces the fun of clothes, makeup, and life in general. Packed with jokes, Cooke's own cartoons, and practical ways to find real self-esteem and avoid freak-outs and rip-offs, Real Gorgeous is easy to read, relevant, and an indispensable boost for women aged 11 to 111. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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