

[PDF] Raquel (EasyRead Super Large 20pt Edition): Beyond The Cleavage

Raquel Welch - pdf download free book

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Description:

Book Description Since her entree to the Hollywood scene in the 1960s, Raquel Welch has been a symbol of glamour and sex appeal whose honesty, high energy, and self-deprecating sense of humor are greatly admired by all her fans. She has won a Golden Globe for her role in The Three Musketeers, starred in many films, including One Million Years, B.C., which featured her classic iconic image of a cavewoman clad in a fur bikini, and played the role of a transsexual opposite Mae West in the cult favorite Myra Breckenridge.

Whether refusing to change her name to Debbie--because producers considered "Raquel" too ethnic--or to lie about her age, even to the detriment of her career, she has evolved elegantly over time into

a true champion for women who defy traditional aging. In *Raquel: Beyond the Cleavage*, Raquel opens up about her internal struggles to age gracefully in the often-harsh spotlight of Hollywood and to make peace with the sometimes uncomfortable mantle of "sex symbol," at the same time dispensing precious tips to all women about staying young in mind and body. She discloses the challenges of hitting forty and suffering all the ensuing stereotypes; how to cope with fifty, menopause, and shifting gears; and continuing into your sixties, sometimes with the challenges of dating and decisions about cosmetic surgery, all the while laying bare her own experiences of aging and maintaining and successful acting career.

The book reveal the secrets of diet, exercise, and healthy living--including her early devotion to yoga and fitness--that she devised over the years, as well as the hair, makeup, and dressing tips that have allowed her to remain effortlessly beautiful into her late sixties. While her book will be a must-have for every woman in the baby boomer generation, her warm, often comically irreverent voice and her priceless advice, based on decades of experience in one of the toughest arenas for women, will have wide appeal. Raquel Welch remains one of the most vital and enduring female icons of her day. -- This text refers to an alternate edition.

About the Author RAQUEL WELCH is an internationally recognized beauty icon and actress. She was most recently named one of People's 100 Most Beautiful People in the World and one of GQ's 25 Sexiest Women in film. She lives in Los Angeles.

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