

[PDF] Tyra's Beauty Inside And Out

Tyra Banks, Vanessa Thomas Bush - pdf download free book

Books Details:

Title: Tyra's Beauty Inside and Out
Author: Tyra Banks, Vanessa Thomas B
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Description:

From School Library Journal YA-A successful model tells all in this readable self-help book. By sharing the beauty secrets she has learned from experts, Banks gives practical advice on skin care, cosmetics, hair, exercise, and fashion. She also addresses serious subjects such as substance abuse, romantic relationships, sexual concerns, and being a complete person. Jammed with full-color photographs and a variety of page layouts and type fonts, this glitzy book looks like a popular magazine (without the advertisements) just begging teenagers to pick it up. Interest is maintained through the breezy writing style that includes phrases such as, "I thought I was so smart..." diary entries, funny family stories, and before-and-after photographs. Since most of the photos are of Banks, one might be tempted to say that the book is aimed at African-American young women, but there are tons of hints and useful information for those of any racial or ethnic background. A wonderful choice for today's beauty-seeking teens.

Claudia Moore, W. T. Woodson High School, Fairfax, VA

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From Library Journal Supermodel Banks directs her attention to young women in this guide, advising them on how to make the most of their natural beauty through healthy diet, exercise, and avoidance of drugs and alcohol.

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