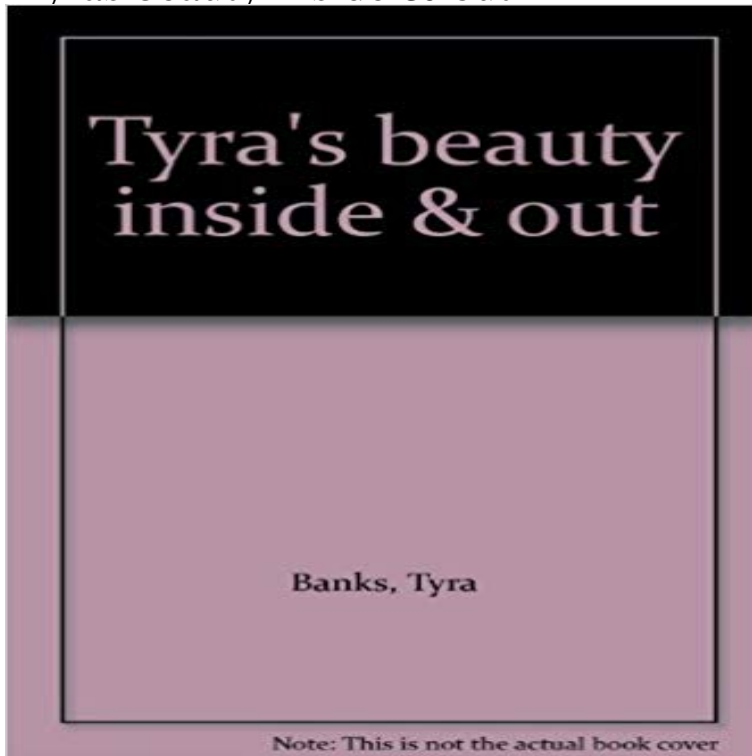


Tyras beauty inside & out



Some of you may look at me and think, That girls never had an insecure day in her life. Well, I think my experiences will prove that you cant always judge a book by its cover (not even this one). Ive struggled with chronic warts, poor body image and one too many broken hearts on the road to supermodel status. And I know all about pressure were put under to be perfect. Thats why I wrote this book. Between the life lessons Ive learned and the practical tips Ive added from my friends in the fashion biz, this book will show you how to look and feel beautiful -- inside and out. Skin: How to get and keep that skin of yours glowing, from sun care to zit-zappers, from body art to body piercing. Makeup: From keeping it real and natural to taking a walk on the wild side. Hair: The Lowdown on dyes, cuts and styles, from waves to weaves. Health: Working out, eating right and dealing with days when youre too pooped to pump iron. Fashion: Stylin and profilin, from hot trends to classic chic, designer habits to great fakes. Alcohol and Drugs: On kicking bad habits, avoiding temptation and the path to reaching a natural high. Relationships: Straight talk from girls hearts and souls on good love, bad breakups and making a love connection that lasts. Self-loving: Learning to accept the fool in you, as well as the part that got it goin on.

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