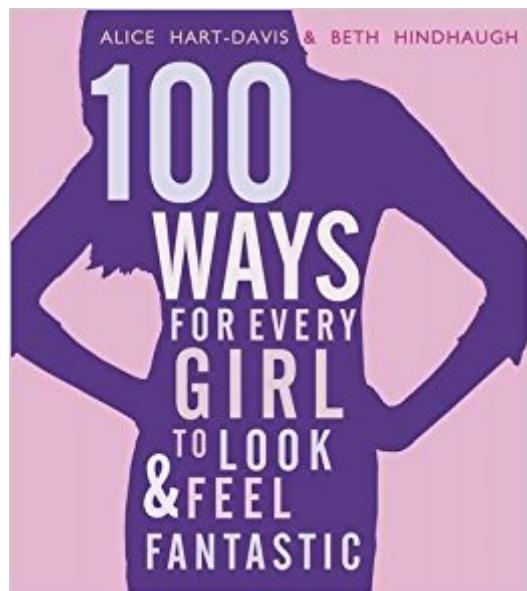


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# 100 Ways For Every Girl To Look And Feel Fantastic



## **Synopsis**

Beauty journalist Alice Hart-Davis, and daughter Beth, share their 100 top tips for young teens in this new beauty bible. Every girl wants to look and feel her best and this book contains a fantastic array of top tips for confidence and wellbeing - and masses of beauty secrets. Alice Hart-Davis shares her expansive knowledge in chapters covering everything from hair, skin, make-up and exercise. Offering friendly and detailed advice and clear, easy to follow instructions all accompanied by photographs, this is the definitive beauty bible for any teenage girl.

## **Book Information**

Paperback: 128 pages

Publisher: Walker Books Ltd (September 1, 2012)

Language: English

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Product Dimensions: 7.5 x 0.5 x 8.5 inches

Shipping Weight: 1 pounds

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #481,538 in Books (See Top 100 in Books) #13 in Books > Teens > Personal Health > Personal Hygiene #16 in Books > Teens > Personal Health > Fitness & Exercise #28 in Books > Teens > Personal Health > Diet & Nutrition

## **Customer Reviews**

Stylish design and photography make it a perfect gift \* Lovereading \* a practical and comprehensive guide \* Evening Herald (Dublin) \* A wonderful book \* You Magazine \* A great way to approach how to look good by feeling good. \* Women's Fitness \* the only teen beauty bible your daughter will need. \* The Sun \*

Alice Hart-Davis is an award-winning beauty journalist who writes for many publications including the Daily Telegraph, the Daily Mail and the Evening Standard. Alice lives in London, W2.

[www.alicehartdavis.com](http://www.alicehartdavis.com)

I have followed the world of health and beauty all my life and it's most refreshing to read an honest, fun summary of everything you need to know. Brilliant book. Brilliant author. Brilliant idea for Alice to team up with her daughter to write it. The disagreements between generations act as a bias filter. I

have never been a fan of reading paragraph after paragraph for hours and the arrangement of the book was like following a favourite TV series. I could pick up and leave off at any point, and return to any episode without being lost. I loved the colours! Usually, books that are point-by-point run into the problem of running out of real points and 100 Ways avoids this issue. My favourite thing about the book: that it recognizes beauty and health are one and the same thing in a blunt yet entertaining way!

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