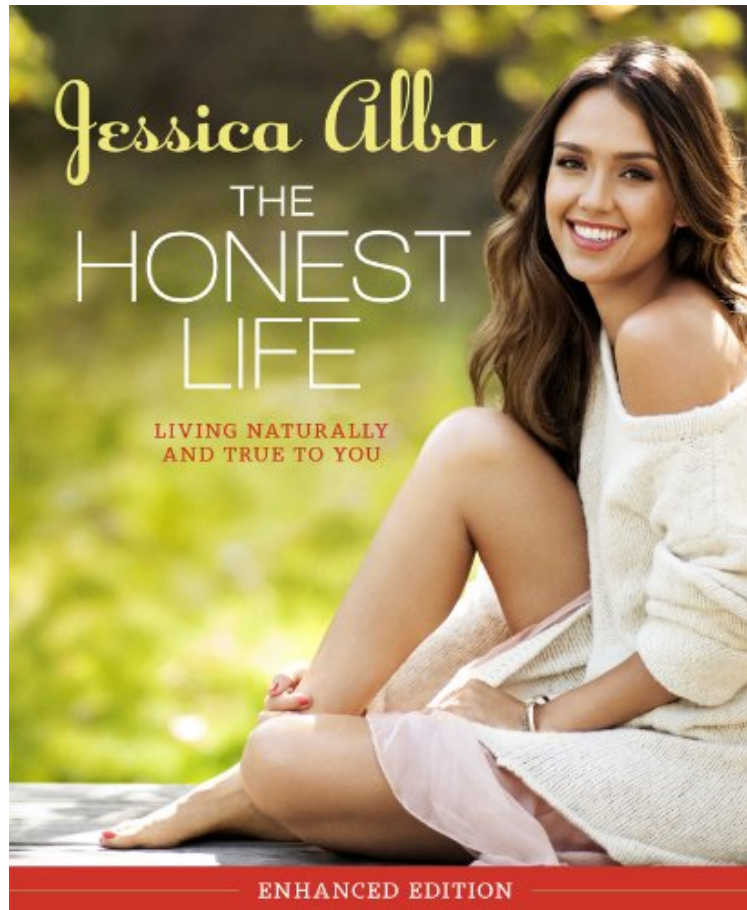


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# The Honest Life (Enhanced Edition): Living Naturally and True to You

Von Jessica Alba

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**Von Jessica Alba : The Honest Life (Enhanced Edition): Living Naturally and True to You** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Honest Life (Enhanced Edition): Living Naturally and True to You:

KundenrezensionenHilfreichste Kundenrezensionen7 von 9 Kunden fanden die folgende Rezension hilfreich. Sehr hilfreich und schn gestaltetVon Mo R.Ich bin schon seit Dark Angel ein groer Jessica Alba fan. Ob in Sin City, Fantastic four, The Eye oder Into the Bluewar sie wirklich groartig. Als ich jedoch von einem Buch hrte konnte ich nicht widerstehen es zu lesen.Ich habe das Buch aus England liefern lassen weil es bei uns in Deutschland bei der Verffentlichung im Mrz noch nicht auf Lager war.Sie erzht viel ber ihre Kindheit, ihre Familie, ihrer Firma "The Honest Company",den Grund warum sie nun ein Buch schreibt und vieles mehr.Jessica erklrt, dass dies ihr Weg des natrlichen Lebens ist. Es ist vielleicht nicht fr jeden geeignet aber jeder kann sich einige sehr ntzliche Informationen aus diesem Buch heraus nehmen und selber ausprobieren.Tipps fr ein gesnderes Leben mit tollen Rezepten, styling

und schminktipp ohne Chemie, ein einfacheres gestalten der Wohnung und und und.... Jede menge an guten Ratschlägen. Das Design des Buches. Ich habe selber eigentlich noch nie ein besser gestaltetes "Ratgeber-Büchle" gesehen als dieses. Sehr farbenfroh, viele Bilder und schön schriftlich gestaltet. Jessica Alba hat definitiv bewiesen dass sie ebenso eine gute Autorin wie Schauspielerin ist. Ich finde es super dass es wirklich noch Promis gibt die auf dem "Boden" geblieben sind und beweisen dass es nicht alles um sie dreht. Ein großer Ratgeber mit tollen Tipps und Tricks das Leben gesünder und natürlicher zu gestalten. Nicht nur für sich selber sondern auch für ihre Familie und die Umwelt. 1 von 3 Kunden fanden die folgende Rezension hilfreich. Tolle Ideen zum Umsetzen, leichtverständliches Englisch. Von Customer Das Buch ist Klasse, man muss es nicht von vorne bis hinten lesen, sondern kann zwischen den Kapiteln springen, je nachdem was einen am meisten interessiert. Die Rezepte sind lecker und einfach zu machen; ich habe bereits einige Wohn- und Styling-Tipps umgesetzt. Da meine Kinder im selben Alter sind wie Jessicas sind, konnte ich auch in dieser Kategorie einiges gebrauchen. Sie predigt nicht, wie man leben soll, sondern zeigt Wege auf, wie man umweltfreundlicher und giftstofffreier leben kann. Was man im Endeffekt umsetzt, bleibt einem selbst überlassen. Die Denkanstöße sind auf jeden Fall wertvoll, ich werde bei Einkaufen noch wesentlich mehr auf die Zutaten gucken: "Tränenfreies Kindershampoo = Chemikalien, die das Auge betäuben, damit es keine Reizung bemerkt" 1 von 3 Kunden fanden die folgende Rezension hilfreich. Wie von einer guten Bekannten erzählt. Von Ich Jessica Alba bringt einem in diesem Buch einfach Ihre Ansichten nahe und gibt hilfreiche Tipps und Anregungen, das Leben mal etwas anders oder bewusster zu gestalten. Das Buch ist in englischer Sprache, aber sehr gut geschrieben, dass man trotzdem so ziemlich alles verstehen kann. Ein bisschen ungenügend ist, dass sie es natürlich aus amerikanischer Sicht schreibt und teilweise darauf eingeht, dass es in der EU viel strengere Normen gibt, die anzustreben sind. Aber daran sieht man vielleicht, dass unsere strengen Richtlinien gar nicht mal so schlecht sind :). Alles in allem: super Buch für Fans von Jessica Alba und/oder bewusstem Leben. Und dazu auch noch sehr schön gestaltet-

Kurzbeschreibung Enhanced Edition includes exclusive videos featuring a candid look at Jessica Alba's Honest Life. As a new mom, Jessica Alba wanted to create the safest, healthiest environment for her family. But she was frustrated by the lack of trustworthy information on how to live healthier and cleaner--delivered in a way that a busy mom could act on without going to extremes. In 2012, with serial entrepreneur Brian Lee and environmental advocate Christopher Gavigan, she launched The Honest Company, a brand where parents can find reliable information and products that are safe, stylish, and affordable. The Honest Life shares the insights and strategies she gathered along the way. The Honest Life recounts Alba's personal journey of discovery and reveals her tips for making healthy living fun, real, and stylish, while offering a candid look inside her home and daily life. She shares strategies for maintaining a clean diet (with favorite family-friendly recipes) and embraces nontoxic choices at home and provides eco-friendly decor tips to fit any budget. Alba also discusses cultivating a daily eco beauty routine, finding one's personal style without resorting to yoga pants, and engaging in fun, hands-on activities with kids. Her solutions are easy, chic, and down-to-earth: they're honest. And discovering everyday ways to live naturally and authentically--true to you--could be honestly life-changing. Pressestimmen "This month it's all about Jessica Alba's "The Honest Life."..She knows her stuff."--ZEST MAGAZINE "A godsend to all moms on a mission to lead an environmentally-friendly life, this treasured tome gives insight on everything from maintaining a clean diet (recipes included!) to cool decor ideas and how to achieve an au natural beauty look...Hurry and get your hands on a copy of Alba's "The Honest Life" to add to your spring reads."--THE ZOE REPORT.COM "The Honest Life is truly something that everyone needs to read. It's an eye-opener."--Wearstrong.com "Inspiring""It's the kind of book you can read cover-to-cover (as I did) and then keep handy as a quick reference when you're making your grocery list or want to find a good non-toxic lipstick to try or a VOC-free paint for your new baby's nursery."--What Would Gwyneth Do "Alba's book is very relatable, and she breaks down her lifestyle decisions for readers in an approachable, realistic way. Her passion for this lifestyle is evident and inspiring: being eco-friendly doesn't mean you have to give up everything enjoyable in life" -Inhabitots "The insights are eye-opening, the tips are helpful, the recipes look delicious"--Toofab.com "This book is not preachy or filled with lengthy scientific definitions. This book is friendly, smart and honest. I felt healthier, more energized and positive after just reading it! I also felt inspired to treat myself and my family better by making some simple changes and seeking out creative ways to live a better life each day. I really enjoyed this book and believe I will go back to reference it often. It's a great girlfriends guide to living an eco-savvy stylish lifestyle."--Blogs.babycenter.com "The book presents ideas softly--no scare tactics, no guilt trips." "I'd highly recommend it."--Jaclynday.com "The Honest Life by Jessica Alba is an indispensable handbook for healthy, sustainable, stylish and affordable living."--Movelifestyle.com "I would recommend this book to anyone interested in h "Inspiring" This month it's all about Jessica Alba's "The Honest Life."..She knows her stuff. "ZEST MAGAZINE" A godsend to all moms on a mission to lead an environmentally-friendly life, this treasured tome gives insight on everything from maintaining a clean diet (recipes included!) to cool decor ideas and how to achieve an au natural beauty look...Hurry and get your hands on a copy of Alba's "The Honest Life" to add to your spring reads. "THE ZOE REPORT.COM" The Honest Life is truly something that everyone needs

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