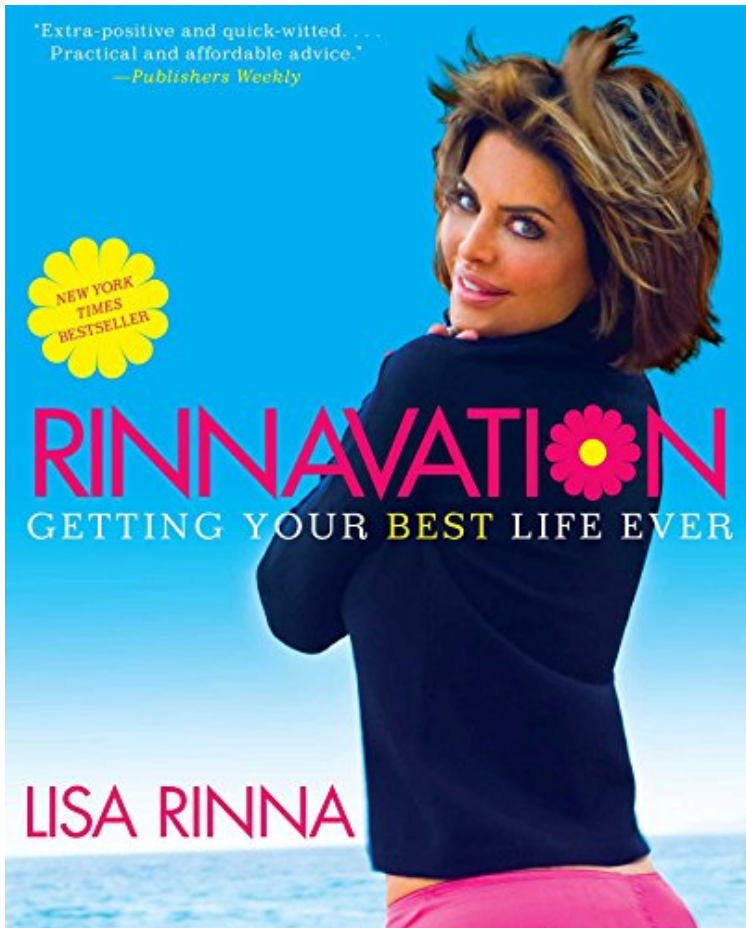


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# Rinnavation: Getting Your Best Life Ever (English Edition)



Par Lisa Rinna  
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## Description :

Prsentation de l'diteurWhether she's interviewing celebrities on the red carpet, or "movin' what she's got" on Dancing with the Stars, Lisa Rinna always looks absolutely sensational. Now for the first time, the award-winning actress who captured our hearts in Days of Our Lives and Melrose Place reveals her best-kept secrets for staying fit, managing weight, looking beautiful, feeling sexy, and living the best life possible. In Rinnavation, her guide to looking and feeling your best, you'll discover: How Lisa got that Dancing with the Stars body How to lose weight fast -- without counting calories How to be "camera-ready" in just minutes Advice for balancing work and family while also finding time to take care of yourself Plus: Lisa's instant "lip plumper," quick-fix tanner, everyday makeup advice, hairstyling secrets, and even super-hot sex tips! As a Hollywood star, Lisa has worked with the very best stylists, trainers, and professionals in the industry. Now she shares all her insider secrets, with surprising candor, down-to-earth humor, and irresistible charm. She talks frankly about her self-esteem lows, her struggle losing baby weight, her Hollywood marriage with actor Harry Hamlin, and her never-before-told experiences with cosmetic surgery. She reveals her emotional

and spiritual journey from feeling unattractive and uninspired to finding a new sense of purpose and enthusiasm. And she shows you how to dramatically improve the quality of your life -- inside and out -- by approaching it one day at a time. "I firmly believe that anyone can change their life for the better," Lisa says. "You just have to make up your mind to make it happen." Presentation de l'diteur Whether she's interviewing celebrities on the red carpet, or "movin' what she's got" on Dancing with the Stars, Lisa Rinna always looks absolutely sensational. Now for the first time, the award-winning actress who captured our hearts in Days of

Our Lives and Melrose Place reveals her best-kept secrets for staying fit, managing weight, looking beautiful, feeling sexy, and living the best life possible. In Rinnavation, her guide to looking and feeling your best, you'll discover: How Lisa got that Dancing with the Stars body How to lose weight fast -- without counting calories How to be "camera-ready" in just minutes Advice for balancing work and family while also finding time to take care of yourself Plus: Lisa's instant "lip plumper," quick-fix tanner, everyday makeup advice, hairstyling secrets, and even super-hot sex tips! As a Hollywood star, Lisa has worked with the very best stylists, trainers, and professionals in the industry. Now she shares all her insider secrets, with surprising candor, down-to-earth humor, and irresistible charm. She talks frankly about her self-esteem lows, her struggle losing baby weight, her Hollywood marriage with actor Harry Hamlin, and her never-before-told experiences with cosmetic surgery. She reveals her emotional and spiritual journey from feeling unattractive and uninspired to finding a new sense of purpose and enthusiasm. And she shows you how to dramatically improve the quality of your life -- inside and out -- by approaching it one day at a time. "I firmly believe that anyone can change their life for the better," Lisa says. "You just have to make up your mind to make it happen." Biographie de l'auteur Lisa Rinna played Billie Reed on Days of our Lives, heated up Melrose Place as Taylor McBride, earned two Emmy nominations for Best Talk Show host for her show Soap Talk on SOAPnet, was featured on Oprah for her boutique, and has made a name for herself as an actress, a television personality, and a businesswoman. She is also the author of the New York Times bestseller Rinnavation. A gorgeous celebrity with a killer sense of style, Lisa lives in Los Angeles with her husband (actor Harry Hamlin) and her two daughters.