



The Real Me: Fashion, Fitness and Food Tips for Real Women - From Me to You

By Vicky Pattison

Little, Brown Book Group, United Kingdom, 2016. Paperback. Book Condition: New. 247 x 191 mm. Language: English . Brand New Book. I believe in grafting hard, training right, eating well .and having a good time! WORK HARD Vicky Pattison knows that achieving your dreams takes hard work, hustle, a sense of humour and a killer outfit. And now she s sharing her insider secrets for the first time: how to dress for success, how to eat well and keep healthy on the go and how to stay true to yourself when the going gets tough. PLAY HARD But Vicky wouldn t be Vicky if she didn t also know how to cut loose and have fun. The Real Me has everything you and your squad need for an epic night out or the ultimate girls night in. And for the morning after, there s honest and hilarious advice on curing a hangover .and a broken heart. The Real Me is packed with recipes, fashion and beauty tips, training programmes and straight-talking advice on dealing with everything from job interviews to first dates. This is the ultimate guide to living life to the full, the Vicky Pattison way. I m finally...



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