

1. Record Nr.	UNINA9910164907503321
Autore	Cavallari Kristin <1987->
Titolo	Balancing in heels : my journey to health, happiness, and making it all work // Kristin Cavallari
Pubbl/distr/stampa	[Gordonsville, Virginia] : , : Rodale, , 2016 ©2016
ISBN	1-62336-639-9
Descrizione fisica	1 online resource (234 pages)
Classificazione	HEA010000FAM032000
Disciplina	646.7/2
Soggetti	Beauty, Personal Women - Health and hygiene Self-care, Health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Sommario/riassunto	"Kristin Cavallari is best known for her time on the hit reality series Laguna Beach and follow-up show, The Hills. But Cavallari is so much more than a reality star. Since her time on MTV, she has had a hand in multiple business ventures, including jewelry design, a line of shoes, and a lifestyle app. Besides that, she is the mother to two young boys, wife to Chicago Bears quarterback Jay Cutler, and a frequent guest and commentator on E! Network. Cavallari is busier than ever and her fans always ask her the same question: How does she balance it all? In Balancing in Heels, Cavallari answers just that question and more, sharing how she juggles all facets of her life with style and grace. Chapters focus on everything from health and wellness, fitness, fashion, and being a successful businesswoman to more private matters of motherhood and her relationship with Jay. This beautiful volume is an intimate look at the woman behind the fame and the perfect gift for her many fans"--