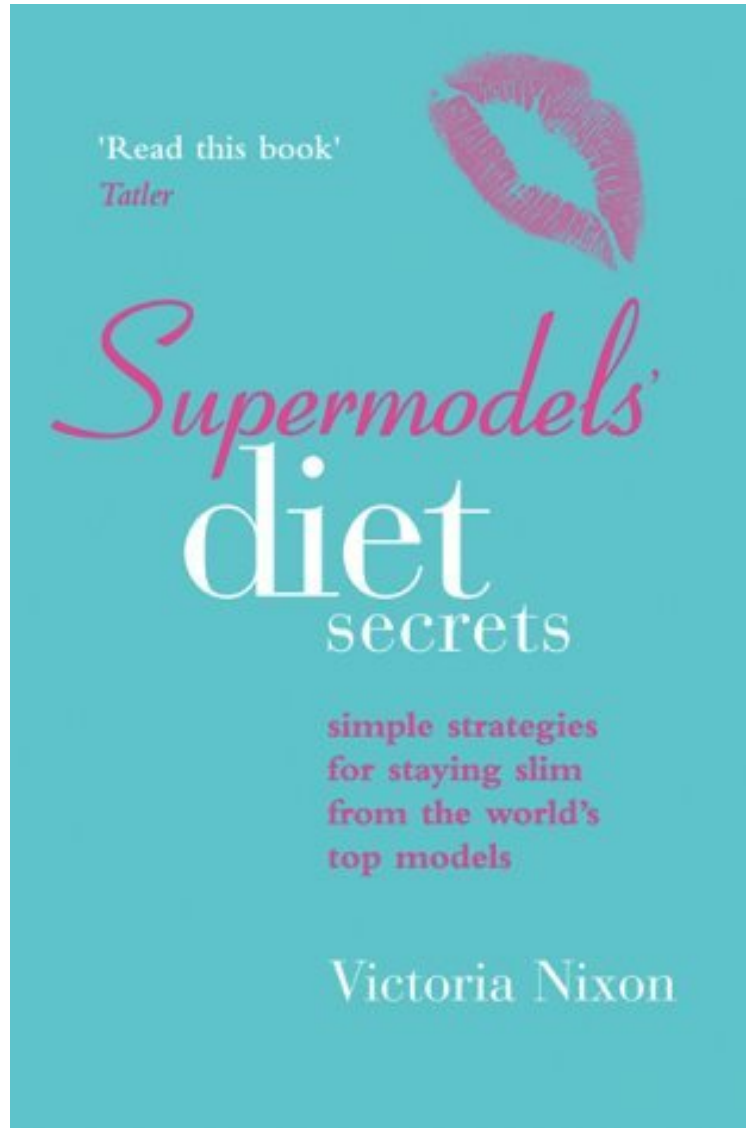


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## Supermodels' Diet Secrets: Super Strategies For Staying Slim

Victoria Nixon

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#3294759 in Books 2005-04-25Original language:EnglishPDF # 1 7.70 x .70 x 6.50l, #File Name: 0749925175192 pages | File size: 16.Mb

**Victoria Nixon : Supermodels' Diet Secrets: Super Strategies For Staying Slim** before purchasing it in order to gage whether or not it would be worth my time, and all praised Supermodels' Diet Secrets: Super Strategies For Staying Slim:

8 of 10 people found the following review helpful. A book that loves food...good foodBy Margarita M.Reading this book some months ago, i have to admit it affectedthe way I perceive food.The author made me appreciate good food. This is a very reasonable book.Don't expect miracle strategies.It doesn't have any diet menu for the week. The author

proposes strategies and good food. It also has quotes from famous models about food, what they prefer etc. Main point is: successful models don't starve themselves. They eat sensibly (it doesn't define quantity) and enjoy every bite. I like the list of good foods it has and mostly I like the suggestions it gives when you have no time.

This book reveals the slimming secrets that every model swears by.

About the Author Victoria Nixon was a top model with Laraine Ashton, owner of one of the UK's most prestigious agencies; She was beauty editor for POL magazine in Australia for several years and has worked as a freelance writer for a number of UK health and beauty magazines; Victoria runs a successful gourmet food business and is based in London