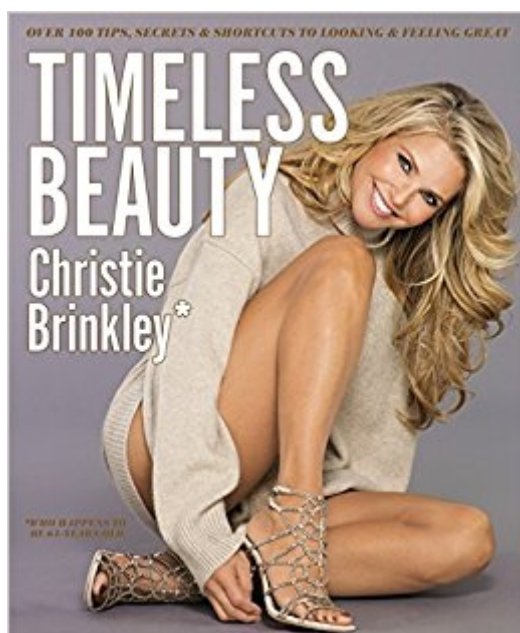


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# Timeless Beauty: Over 100 Tips, Secrets, And Shortcuts To Looking Great



## Synopsis

In her first book in more than 30 years, supermodel Christie Brinkley shares the secrets she's learned on what to eat, how to apply makeup like a pro, and what to wear to look like a knock out. She has the face and body of a 30-year-old and she just turned 60! From tips on which skincare products really make our skin look younger to which foods cut inflammation to a fitness plan with easy exercises to keep us strong and our waistlines lean, Brinkley draws on her years of experience maintaining her supermodel appearance to help readers look and feel their youthful best. She also offers makeup tips that will make any face look younger, fashion advice on necklines, skirt lengths, and more! With never-before-read personal stories, beautiful photographs, hundreds of timesaving tips, plus a good dose of humor, this will be the book that every woman will want to own and share with her friends.

## Book Information

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## Customer Reviews

Christie Brinkley is one of America's most successful models, appearing on over 500 magazine covers worldwide. She was the first to appear on the cover of Sports Illustrated swimsuit issue for three consecutive years, and was the longstanding face of Cover Girl. Brinkley's been featured in People's 100 Most Beautiful People. She starred on Broadway and West End's productions of Chicago, and has a recurring role on Parks and Recreation.

I don't usually write reviews, but I am for this book because it was a waste of money and I don't want you to waste yours. Unless you know nothing about beauty and health, it doesn't tell you

anything you don't already know. Either she isn't telling the truth or she just has amazing genes (she didn't even have menopausal symptoms). You can't maintain a decent weight and look like she does if you don't strictly watch your everything you eat and workout very hard or have exceptional genes. At least she admits to having some cosmetic procedures in small amounts but what about sharing EXACTLY what you do for exercise? I'm not sure why celebrities aren't willing to go into more details about what they do. At 47, in order to maintain a good weight, I work out five to six days a week for an hour or more doing weight training and cardio, counting calories and measuring everything I put into my mouth, not eating at restaurants, having desserts or processed foods, and I still couldn't be a fitness model. I don't know why they can't tell us that they work out 2 hours a day or do two workouts a day, etc.? I also think she was just trying to push her own skincare line too and some of the cosmetics she recommends aren't even available in the United States. I'll sum up the book for you from what I remember: exercise, eat healthy and wholesome foods (possibly think about becoming some type of vegetarian), but don't deprive yourself, drink lots of water, use hair extensions or Rogaine for thinning hair, don't tan, use self tanner and sunscreen.

Save your money, ladies! I preordered this book with anticipation, which shortly became disappointment. Beautiful pictures of Christie throughout, and some good vegan recipes and some exercise tips. But the rest was all CHRISTIE. Stuff Christie uses, Christie's colors, Christie's fav clothes, and so forth and so on. There's few makeup and other general guidelines for people who aren't exactly like Christie...and frankly, who is?!

Some good advice but nothing groundbreaking. Lots of photos of Christie. Some makeup advice is a little over the top.

Thought it would have been better

I love Christy Brinkley but, I only like her book. If you follow fashion, health and anti aging you will know most of this already.

I guess I was hoping for something a little different. There are tips, and a bit of product plugging. There's the usual eat right, exercise, use these products, etc. And, then there are hundreds of pictures of Christie with the same expression on almost every page. Can't say I loved the book, but it wasn't a total waste. I mean it is interesting to know that she wears extensions in her hair and she

has had facial fillers and botox. But, hey she looks terrific so she's doing something right.

I am happy to know that many of things she talks about doing in her every day life, I have already implemented in my own. A beautiful book, light on anything really "new" though.

Save your money girls. She gives no real advice except to be positive and smile a lot. Unless you have a lot of money and as she puts it has the best Face doctors in New Yorkher advice is useless. I am not one to do reviews, but was excited to read how she keeps looking young, but she will not admit to what work she had done.

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