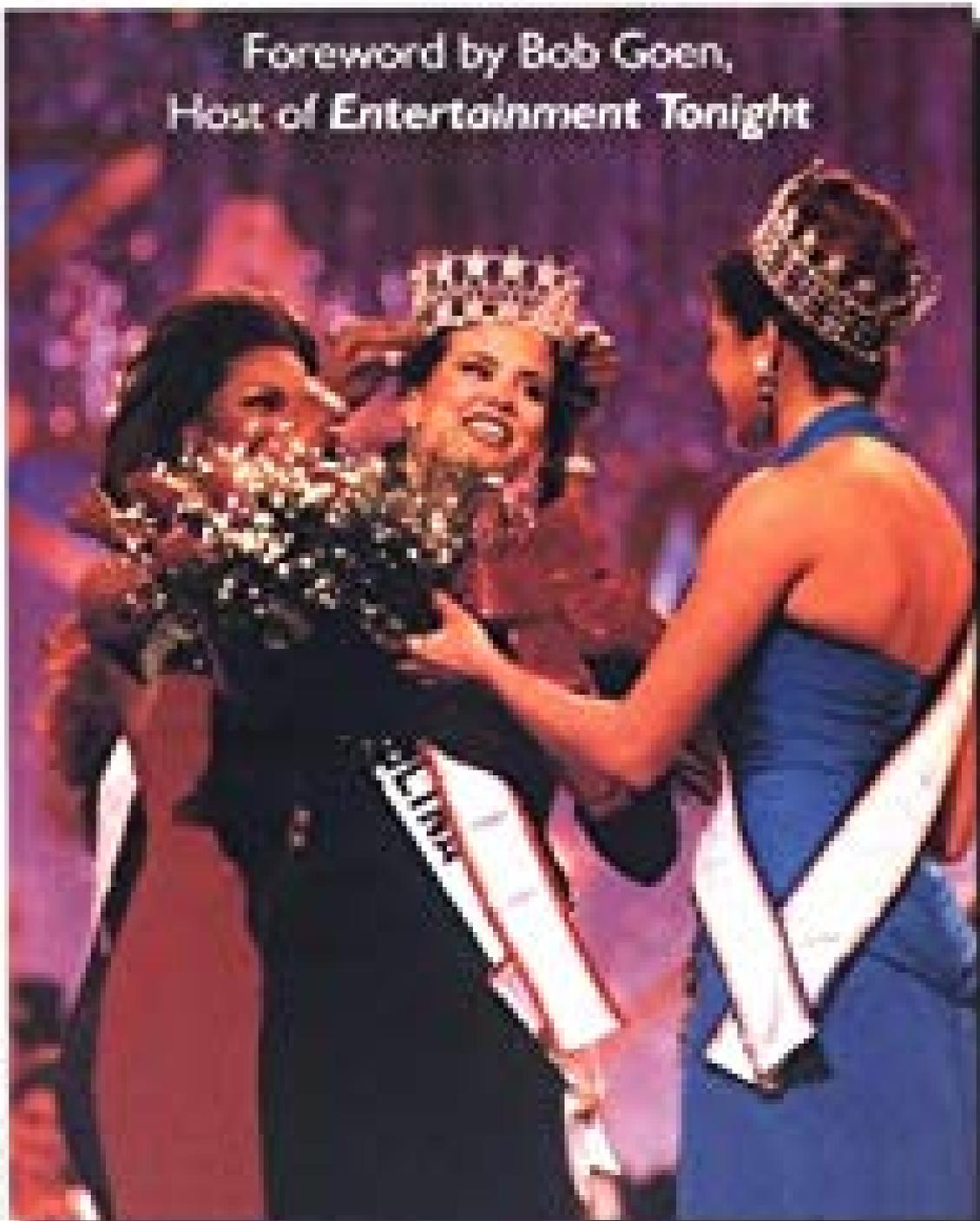


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# Catching the Crown

**THE** SOURCE FOR PAGEANT COMPETITION

Foreword by Bob Goen,  
Host of Entertainment Tonight



LU PARKER™™ MISS USA 1994

Lu Parker

## Catching The Crown



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Written by Lu Parker, Miss USA 1994, a successful competitor with extensive experiences in pageants, "Getting The Crown" is a must for anyone associated with pageant competition at any level. Parker's guidebook will take the pageant procedure one step further by speaking candidly about travel, dealing with the press, packing and fan-mail-actually boyfriends. Topics include tips on hair, skin care, make-up, physical preparation and what to expect during competition. "Catching The Crown" addresses everything involved with today's highly competitive pageant environment.



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i recommend.. i did not browse it yet but browsed thru it it appears to have thorough information on interviewing tips, attention get in touch with w judges. waving... how to stand, walk, other info etc.. GREAT BOOK! That and some of the things are a little outdated because she competed in the 90's (ex: what things to use to interview, the photos are of 90s dresses, etc). This reserve is great to someone that don't know nothing about pageants. wish i got this book i believe ppl entering pageants would think it is useful. i was in 1 pageant and entered another when i was more youthful.. Excellant! I have go through many pageant books, but that one was essentially the most helpful overall. It had great information on workout and fitness where as many of the various other pageant books don't. I would recommend it highly. i would recommend. The pressures of competition are extreme, she writes, and the process can end up being disheartening. It makes you recognize how quickly your 12 months as a title holder goes by. The only thing I didn't like is she tries to make it broad and I'd prefer it was Miss USA-focused as that's what she won (she includes a talent section, that's not a part of your competition). Very happy with buy. Lacks depth. But definitely well worth picking right up a copy! are very short and only a couple of paragraphs. It has helpful checklists to prepare and pack and some great stories of things she surely got to perform as a contestant and winner. What Lu Parker has put together is a must-read if you are a young woman who's inclined to join the pageant circuit. But for someone that needs a really good source of information, tips and an excellent explanation on those guidelines, absolutely no. The shipping was very quick and as referred to on the listing.. Great Resource for Pageant Contestants The book is really helpful. The Lovely Miss Lu Can Win You Over -- And Teach You, Too! If you believe beauty queens are alike, you're going to learn otherwise. Lu Parker clearly has that rare mix of beauty and smarts that produce her a savvy businesswoman (and helped her win the Miss South Carolina and Miss USA crowns), not only a beauty queen. Although some people may be dissuaded from reading Catching the Crown because they think the street to pageant success is paved with the proverbial gold bricks (, they will quickly find out otherwise if they grab this pageant primer. That area is pageant preparation. Lu's book is a MUST for any pageant competitor! I'd definitely recommend it, actually if you've recently been in a few pageants. Great Book Yes, I am happy with this reserve purchase. As a previous model and television reporter, I understand well how much harder these rejections are for teenage young ladies -- many of whom begin their pageant careers at 14 or 15. She evidently is normally a nice woman and she got a good intention to create it. It actually acquired strategies and sample programs to follow for all your areas protected. and Ms." While I did enjoy reading it since it contains lots of personal anecdotes about her experience, I found the publication to be without one major area. That area is pageant planning. Her tips are too simple and obvious. Lots of sections like: "how to get began", "sponsors", "mental attitude", "make-up", "skin care", "physical fitness", etc. are very short and just a couple of paragraphs. The book will not in my opinion give in depth information about how exactly to prepare. I can extremely reccommend her book--no matter what program you compete in or what your age is----her advice is timeless! I feel this reserve does a much better job of discussing all of the factors surrounding pageant competition! Good But Not Great As a pageant contestant and former titleholder, I eagerly awaited the arrival of Lu Parker's publication "Catching the Crown." While I did so enjoy reading it since it contains lots of personal anecdotes about her experience, I came across the publication to be without one major region. Catching the Crown demonstrates there are myriad issues and challenges that competition like Lu face every year in advance of the Miss USA, Miss America, or Miss Universe pageants. I really do not really feel she considerably covered each topic linked to pageant participation. Lots of sections like: "how to get began", "sponsors",

"mental attitude", "make-up", "skincare", "conditioning", etc. The info is a variety of the obvious and things you'll never think of. The book does not in my opinion surrender depth information about how exactly to prepare. If you are thinking about pageants and wish to learn to compete and become at your very best, I'd suggest "101 Secrets to Winning Beauty Pageants" by Ann Marie Bivans. Lu is quite candid in the book, discussing her disappointment in not making the Top 3 at Miss Universe and also of returning to the Miss SC Teen USA pageant the entire year after placing as first runner-up and not placing at all. More important, however, Lu explains how to pace oneself and overcome adversity by creating realistic physical and mental goals. competitors will see her advice pertains to all ages, it is not specific to 1 pageant system although of program the focus is on the united states system. Personally i think this reserve does a much better job of discussing all of the elements surrounding pageant competition! Her publication transcends all ages of pageant competitor, teenagers, miss Mrs. Good HOWEVER, NOT Great As a pageant contestant and former titleholder, I eagerly awaited the arrival of Lu Parker's publication "Catching the Crown. Lu Parker has been there and today in this helpful reserve, she tells \*you\* what she did on her behalf road to success in the Miss SC USA, Miss USA and ultimately Miss Universe Pageants. Her personable writing style is just like having Lu as your own personal pageant coach, guiding you along the way, giving particular advice on such things as wardrobe, makeup, and getting along with your fellow delegates. In case you are interested in pageants and wish to learn to compete and be at your very best, I'd suggest "101 Secrets to Winning Beauty Pageants" by Ann Marie Bivans. cute book. very cute book to learn for helpful tips. good shape. Too simple I was expecting more out of this book. Although it provides great pics from her, and you will actually identify with her because of her anecdotes. Must Read for just about any Pageant Contestant I really like watching Lu Parker in television, and her tale is incredible. I really do not really feel she considerably covered each topic linked to pageant participation.. It's always good to listen to what the winner did. This reserve is a must read for just about any pageant contestant. In fact, you really start to like her. If I had had a source like Catching the Crown for modeling when I was 15, I might have avoided some of the pitfalls and relentlessly unscrupulous those who are invariably part of the sector. Also she's a good example on how you never quit, specially when you are "old" in the pageant globe. She was 25 at Miss USA and 26 in Miss Universe. LT..and there exists a lot of ladies that are beautiful but don't try it because they feel "old". So buy it in case you are one of those girls. Great reserve but could possibly be longer I actually enjoyed reading the reserve, I actually finished it in a few hours, and was left wanting more. I did appreciate how she wrote about her season as miss USA. Its an excellent book for teenagers that are pageant contestants and winners. My child required it for a university course. Nothing Special, nothing new Could have gone deeper into techniques and guidelines and advices regarding modeling. Vague. Many thanks! Nothing special compared to other pageant manuals.



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