

SUPERMODEL YOU

Sarah DeAnna
with Eve Adamson



**Shockingly Healthy Insider Tips to
Bring Out Your Inner Supermodel**

Eat, Move, Sleep, De-stress, and Think Like a Supermodel
to Achieve the Body, Attitude, and Life You Deserve

Sarah DeAnna

Supermodel YOU: Shockingly Healthy Insider Tips to Bring Out Your Inner Supermodel



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Do you ever wonder what it would be like to be considered a supermodel?model Sarah DeAnna explains the shockingly healthy practices that models make use of to maximize their amazing bodies, iconic faces, and confident attitudes. So just forget about diets and crazy workout regimens, drop the self-loathing and low self-esteem . . and get ready to walk the runway of your life!s what Supermodel YOU is focused on. As you adopt a supermodel mind-set, life are certain to get easier, even more glamorous, sexier, and a lot more fun. To experience confident, gorgeous, and empowered? You'll learn the Five Keys to channeling your inner supermodel as you find how models really eat, dress, exercise, sleep, de-tension, travel, and stay gorgeous no matter what. International Supermodel YOU is not about looking like a "model," but about feeling as self-assured and amazing as models feel and embracing the most amazing, healthy, empowered version of yourself. . That'



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