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RINNAVATION

GETTING YOUR BEST LIFE EVER

LISA RINNA



Lisa Rinna

Rinnavation: Getting Your Best Life Ever



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PREPARE YOURSELF TO "RINNAVATE" YOUR LIFE!without counting calories•With surprising candor, down-to-earth humor, and irresistible charm, Lisa talks frankly about her self-esteem lows, her struggle losing baby weight, her Hollywood relationship, and her never-before-told encounters with plastic surgery. Whether she's interviewing celebrities on the red floor covering, or "movin' IN HER FUN "YOU CAN DO IT" GUIDE, YOU's got" on Dancing with the Superstars, Lisa Rinna usually looks absolutely sensational. Now for the first time, the award-winning celebrity reveals her best-kept secrets for staying suit, managing weight, looking beautiful, feeling sexy, and living the very best life possible. what she'LL DISCOVER:• How Lisa got that Dance with the Celebrities body• How exactly to lose fat fast— Appear better, experience better, live better, like better— How to be "camera-ready" in only minutes• How to balance function and family while also finding time to look after yourself•by taking it one time at the same time. She reveals her emotional and spiritual trip from sense unattractive and uninspired, to locating a new sense of purpose and enthusiasm.the Lisa Rinna way!s instant "lip plumper," quick-fix tanner, everyday makeup suggestions, hairstyling secrets, and even super-hot sex tips! And she shows you how to positively change your lifestyle—inside and out— Plus: Lisa'



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Self Centered. I believe many women can determine with Lisa's struggles, in fact it is comforting to learn that you are not alone.. It really is so nice to listen to about superstars who can honestly reveal about their everyday lives; The adversaries the writer provides experienced, are relevant to the countless we as common people experience. Oh, and gullible. Once I started reading the reserve, and got at night many sentences you start with "I", Lisa shares a whole lot!Motherhood for her is something else I could appreciate. gorgeous, to how to she got her mojo back after having a baby....It's just a delight hearing from somebody who struggled in lots of ways and found her ways to overcome her extremely real issues;I found this reserve offered some very nice information for those folks who can't afford the Hollywood way of living.Sharing her tips, tested recipes, beauty treatments, and fitness regimes, the girl gives specifics on her favs, some which usually are actually a reasonable price! Because she realizes we all don't get to experience top notch spa treatments, Lisa goes "Back again to Basics" and has a nice lengthy list of homemade beauty remedies. I love this, and appreciate it! She's been on both side of the economic fence, and is definitely generous in sharing reduced cost methods to pamper yourself.She gets a little much deeper and shares tough times in her life. I loved how honest Lisa is in the fun reserve!... A weird psychic letting you know that you need a curse removed, dear?. From her personal struggles throughout existence, how she stays healthful &..she does things her own unique way - which is fitting to her personality type. (Whatever that is) after saying in prior pages "I don't diet". Boobs, gone. Don't don't expect too much ..so she got a boob job, too bad she does not have any at home remedies for that!! I love Lisa, but this book is needing some updating. What an open, honest and truly inspiring book! Just be conscious it gets a tad annoying at times =) She actually is open up and honest, and many thanks Lisa for that!it's a keeper for me personally!.. General, I enjoyed this reserve. My partner bought this and said she couldn't stand it following the first chapter. She talks about her failed human relationships, and Harry. It's like a greatest friend or older sister is providing you all the details you need to appear and feel good! Thanks lisa!!! If you want Lisa Rinna, you'll love Fun & hysterical! When she "detoxes" for a Red Carpeting appearance, she lives on lemon infused water with cayenne pepper, a protein bar for a mid morning snack, a salad with a ice tea for lunch, and only a cup of low sodium chicken broth with another salad for supper! Just as described Just as described!. The problem with these celebrity self help 'Getting your Best Life Ever" books is that they are full of advice that's now, in 2015 ,outdated.. Not practical for ordinary people who don't have personal workout trainers and workout six days weekly. Or high end clothing designers, manolo blanick sneakers, or advising visitors to "obtain your Mojo back again" by having a boob work!Written in 2009 2009, published in 2010 2010, this book can be like Lisa. She appears to be charming, sweet, energetic. Fun, certainly, but I wouldn't take some of her advice significantly. This chapter lists outdated diet fads, like the Blood Type Diet plan, The Zone Diet, The BBDO Diet. I am similar for the reason that, and get interesting appears from supermoms =) She discussed her emotions about her body after her 2nd baby, and the effect it acquired on her behalf sexuality and getting together with her spouse. Rinna at her greatest!This book is cute, lighthearted & In addition to editing! She comes off as very shallow, totally insecure. Paper feels inexpensive and makes images low quality. issues that we all have! There have been a few recent mass media clips of Lisa that were a bit on the immature aspect, which until then, I did my best to keep a positive attitude about her..her struggles with self esteem, postpartum depression, finding her path to happiness. Then soaking in a tub of ice drinking water for one hour to "remove" it? Actually desperate, I hate to say...Like I said, fun, if your girlfriends are emotionally in the eighth quality... Interesting read because a housewives fan. Shaking my

mind.I'm embarrassed for her. I would've preferred a higher quality print. Jumping on every current mass media obsessed development out there. Kinda like watching a car crash and you can't look away. RAVES FOR RINNOVATION!!! suits her personality.. it lets us know they are actual exactly like us. And Lisa provides us so many of her very own remedies, tools and suggestions for what works on her behalf, what doesn't work even while encouraging us to use hers or discover our own... Great read I really connected with this bok.however in a great way =) I 1st checked this book right out of the library, kind of as a joke. A few of them are posible to get over, but others are out of our reach due to financial restraints.Good go through anyway. A little disappointed, this is bought as something special and it . Five Stars love it.. A small disappointed, this was bought as a gift and it looks used. Paper feels cheap and makes pictures poor quality. Ugh. Loved it!. Waste of cash & time This book like Lisa is a tale. Disgusted.



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