



THE

EVERYGIRL'S

GUIDE TO LIFE

WORKOUT

Travel Easier

Host Access Hollywood

Host 'Today Show'

LOST 40 Lbs.
NOW KEEP IT OFF!

Interview Obamas

GET RED
CARPET READY

be successful

Cook Dinner

SAVE MONEY

Organize Life!

live well, be happy

MARIA MENOUNOS

Maria Menounos

The EveryGirl's Guide to Life



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Raised by working-course immigrant parents and later on exposed to Hollywood's the majority of elite experts in every field, Gain access to Hollywood's, Today's, and Nightly News's reporter Maria Menounos reveals her EveryGirl secrets upon everything: her systems to organize life, manage time, and ascend the ladder of success; her lazy woman's workout;a self-proclaimed EveryGirl, Maria often will her own hair and makeup for superstar events. She gives information on health, career, human relationships, renovations, recreation, and more. her weight-loss guidelines (how she dropped forty pounds and kept it off);In The EveryGirl's Guide to Life, Maria shares personal experiences and photos from her life and professional journey and also the several mantras, mottos, and philosophies she's adopted from the world's most impressive women. and her guidebook to styling yourself like the stars— From your carpet to the crimson carpeting, Maria teaches the EveryGirl on a budget how to do everything, while living a wholesome and happier life.



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When I was more youthful I could do the same thing. I was marked by her heroism to continue to dance on, despite having a broken foot. I downloaded this book because it was cheap (and didn't have any expectations). Too many photos of herself rather than enough interesting or exclusive autobiographical material. This girl can be amazing. It's something it is possible to just grab and browse in sections, or just leaf through. No question she can achieve this much - it's like doing the job of three distinct people. This reserve gives lots of tips and "secrets". This books is really helpful. Having a one prevent buying and errand place makes sense; I also loved the beauty and style sections. Thank Maria and Kevin for writing this publication. Or, why make a supplementary trip? Perform your errands on the way in from function if you commute. My error in purchase Purchased incorrect book. I definitely would recommend this book to every woman on the planet! I love her little black publication concept. I recommend this book. SO TRUE! It's very refreshing!A pal once told me to use my little five minutes occasionally because they accumulate, so rather than getting upset waiting in a range, I just bust out my Kindle or phone and start reading a reserve. This book is full of practical advice like that - utilize your time and make your environment do the job. Fun and Useful! I've always loved Maria Menounos, but wouldn't have regarded as myself always a "fan," not really for any particular reason other than I'd just see her here and there when she was reporting on the entertainment displays. I loved all the organization tips! One of my favs This is by far one of the best "guide" books. I consider myself to be extremely productive, but she puts me to shame. My 19 year old girl would probably like this in about 5 years. The written text reads like you're having a conversation with her, which makes it more pleasurable. I believe is a reserve that I'll refer back to often, and will use as good motivation to greatly help improve various aspects of my life, which that alone makes it worth its weight in gold! I am thoroughly enjoying this, and highly recommend it if you are looking for a motivational-type publication. I also must say that I appreciate the high quality, heavy paper, and glossy webpages. Returned :(Maria is a good personality (and beautiful), but her publication had very little insightful information share. :) I love this book and I am a woman! I love this reserve and it makes me go "yeah, I agree with this and that and oh that is clearly a great idea, etc." I also have confidence in organization and it really is essential to really buckle down one day and get it together.I'm already incorporating some of her suggestions into my entire life. Its really a guide for EVERYONE (girls and ladies and guys if they have the confidence to pick it up)." But there have been other things I didn't find out about and tried them and they were GREAT recommendations. You will want to go to your local shopping center? There are several things I had already done and I proceeded to go "hey, I did that or I believe in keeping things like that. Its an excellent REFERENCE Publication. You will enjoy and go "hey, that's a good plan, etc. So lots of great hints from diet, organizing your clothing, business, chores, balancing work and home life, how exactly to save money, how exactly to work out effectively. Whenever Personally i think a little down, I like to read elements of this books to get motivation to log off my butt and get myself collectively. LOVE how down to earth Maria can be! She is frugal, not materialistic, and understands the considerations in life. The right advice in here. Amazing read! I must say i didn't expect much (specifically written by a celebrity) because if you ask me, reading self help books were usually the same kind of information. Maria has not only enlightened me but in addition has motivated me to start organising and approaching lifestyle positively. I am a positive person for the most part but recent occasions have actually drained me and I wanted a publication to jolt me back place.(thought it had been veteran financial journalist) Not really for me at almost all. But I think her true achievement is that she didn't forget her roots and that is what has made her even more relatable, admirable and someone that every lady can emulate. Consult and you also shall receive as Maria says - and I came across this book 3 days later (out of so many books on Amazon)! Thank you

Maria! :)ps: Just bought her latest launch on dropping 40 pounds. Can't wait to improve your health and motivated! If you are a book fanatic like me, you know how important this is! It was extremely sophomoric in tone and appeared aimed toward adolescents. Wow! I have re-read it many times and Maria generally inspires me to get my life in check. I know I will be heading back and reading particular chapters again when I buy a house. This book is great for a female in her twenties. However, after studying this and her second reserve, I would state that I am getting one! I currently consider myself an organized person but after reading this book I ended up reorganizing my house. however, why do people go out of there ways to commute to accomplish mundane things like food shopping, dry cleaning, and pet grooming? I've no complaints concerning this book, other than I didn't want it to end! Definitely love this book! Maria appears so down to earth and I love that she encourages female to accomplish it yourself and be frugal. I certainly got my money's value. 2nd Best Reserve Next To The Bible! Maria gives you practical guidance that anyone can put into action within their busy lives. It really is refreshing to see and listen to from a superstar that they deal with some of the same issues that us people deal with. We could save so enough time. Overall this book was great to learn and the photos were inspiring. 22-45 YEAR OLD DEMOGRAPHIC SEEMS RIGHT I actually saw an interview of the author on Betheney Frankel's aged chat show and Maria was mentioning that she had been 40 lbs heavier at one time in her lifestyle and could eat half a pizza no problem.Totally Unexpected - in a great way I 1st was introduced to Maria Menounos when watching Dancing with the Celebrities a few seasons ago. Then she pointed out that she offered hints about how to start out slowly changing your diet plan - one piece less, add a salad - sounded good. I read the introduction and this book was written for teenagers to grandparents. Well, it's mostly geared toward young people. I found that when I tried to read the book like I'd read a novel, I found myself obtaining distracted and needs to leaf through- but that may just be my difficulty with focusing!" Great book- would recommend This book is like having a good friend that basically has her life together providing you advice. Plenty of great tips but I feel for a more youthful person - 22 to 45 seems right. Five Stars Love this book. Very happy with my purchase. Quality is fine, as described. It's good sense and time effective, yet most people I understand (myself included) don't do this. For someone who is self-produced like Maria, you would think that she'd have "lost" herself in the end these years and achievement. Seems much more suitable for teens/20 somethings. The info itself isn't necessarily earth shattering, however the book is filled with useful and practical details and tips. Unfortunately, I returned it. The biggest takeaway - it costs even more to be lazy, than to become organized. Very helpful advice on everything and she actually adds some great recipes too. Five Stars Great tips that I have encorporated Five Stars good



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