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MADE: A book of style, food and fitness



Par Millie Mackintosh
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Description :

Prsentation de l'diteurMillie Mackintosh may have always looked like she had the perfect model shape, but a few years ago she found out she was unhealthy. Worse than that she was skinny fat; her body fat percentage was higher than it should be. Used to eating junk food and having never enjoyed exercise, Millie found herself out of shape and doing her body damage. She had low energy, lacklustre skin and had no idea of how to get herself out of this vicious cycle. Millie decided to overhaul her life and her diet and she was rejuvenated; she is now stronger, healthier and more confident. With access to some of the best nutritionists, make-up artists, fitness trainers and fashion designers, Millie has taken everything she has learnt from all of these professionals and put together the ultimate book of tips and ideas for achieving the same success. Split into 4 sections: style, beauty, food and fitness, there is advice to cover every situation. In style, there are suggestions for what to wear to particular occasions and the 10 key pieces everybody needs in their wardrobe, as well as supplier lists and where to shop for certain essential items. In beauty there are instructions and practical advice for improving your beauty regime from the most luxurious at home facial as

well as a step-by-step everyday look. In food, there are tips on how to eat healthier and cleaner like Millie, with down-to-earth advice and over 25 recipes, including healthy breakfasts, quick, clean dinners as well as inspiration for indulgent weekend meals. In fitness, Millie provides step-by-step at home routines from cult fitness brand The Skinny Bitch Collective, and simple but effective barre exercises from Paola's Body Barre.

Made: A book of style, food and fitness compiles all the insider tips and tricks you have ever wanted to know. And the best bit? The book is also full of funny anecdotes from Millie, who shows you that you do not need to follow her book like a plan you can take what is useful and apply it to your own lifestyle, ensuring that it works perfectly for you.

Présentation de l'auteur: Millie Mackintosh may have always looked like she had the perfect model shape, but a few years ago she found out she was unhealthy. Worse than that she was skinny fat; her body fat percentage was higher than it should be. Used to eating junk food and having never enjoyed exercise, Millie found herself out of shape and doing her body damage. She had low energy, lacklustre skin and had no idea of how to get herself out of this vicious cycle. Millie decided to overhaul her life and her diet and she was rejuvenated; she is now stronger, healthier and more confident. With access to some of the best nutritionists, make-up artists, fitness trainers and fashion designers, Millie has taken everything she has learnt from all of these professionals and put together the ultimate book of tips and ideas for achieving the same success. Split into 4 sections: style, beauty, food and fitness, there is advice to cover every situation. In style, there are suggestions for what to wear to particular occasions and the 10 key pieces everybody needs in their wardrobe, as well as supplier lists and where to shop for certain essential items. In beauty there are instructions and practical advice for improving your beauty regime from the most luxurious at home facial as well as a step-by-step everyday look. In food, there are tips on how to eat healthier and cleaner like Millie, with down-to-earth advice and over 25 recipes, including healthy breakfasts, quick, clean dinners as well as inspiration for indulgent weekend meals. In fitness, Millie provides step-by-step at home routines from cult fitness brand The Skinny Bitch Collective, and simple but effective barre exercises from Paola's Body Barre.

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Biographie de l'auteur: Millie Mackintosh first appeared on our screens in the Bafta award-winning and hugely successful *Made in Chelsea*. Appearing for 5 seasons, she became a firm favourite with the fans for always telling the truth and always looking fabulous. Since leaving the show, Millie has fast established herself as a fashion, fitness and beauty icon. A make-up artist by training, her regular posts on social media have caused her following to soar, all having been inspired by her lifestyle of clean eating, impressive fitness routines and amazing fashion sense. Millie has curated two collections of her own Millie Mackintosh branded clothing line, with her third to launch this Autumn. She is also a model, with numerous global campaigns under her belt, as well as having her own jewellery collaboration and her own range of eyelashes.