



## Sparkle: The Girl's Guide to Living a Deliciously Dazzling, Wildly Effervescent, Kick-Ass Life

By Cara Alwill Leyba

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### Sparkle: The Girl's Guide to Living a Deliciously Dazzling, Wildly Effervescent, Kick-Ass Life By Cara Alwill Leyba

As women, we have become professional self-critics. We've become so convinced by society that we need to attain a level of perfection that just isn't real. Whether it's trying to get skinnier, look younger, get that promotion, please our parents, get fuller lips or rid ourselves of cellulite -- we're on a never ending mission to change and it always makes us feel like crap.

Instead, why not focus on all the fabulous qualities we already possess? There is so much to celebrate when we look at all of our accomplishments. In this straight-up girlfriend's guide, stylist and wellness coach Cara Alwill Leyba encourages women to discover what makes them sparkle so that they can design the lives they desire and deserve. So raise your glass and toast yourself. You're about to start shimmering, shining, and dazzling every day. Because isn't everything better when it sparkles?

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*By Cara Alwill Leyba*

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#### **Review**

"SPARKLE is a must-read! Cara Alwill Leyba offers honest, engaging and humorous advice about how to live your best, most glittering life. Indulge your spirit with SPARKLE!" - Cara Lockwood, *USA Today bestselling author of I Do (But I Don't)*

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### **Benjamin Deloatch:**

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