

SUPERMODEL YOU

Do you ever wonder what it would be like to be a supermodel? To feel confident, beautiful, and empowered?

That's what *Supermodel YOU* is all about. International model **Sarah DeAnna** teaches you the shockingly healthy habits that models use to maximize their amazing bodies, iconic faces, and confident attitudes. You'll learn the Five Keys to channeling your inner supermodel as you discover how models really eat, dress, exercise, sleep, de-stress, travel, and stay gorgeous no matter what. As you adopt a supermodel mind-set, life will get easier, more glamorous, sexier, and a lot more fun.

Supermodel YOU is not about looking like a "model," but about feeling as self-assured and awesome as models feel and embracing the most beautiful, healthy, empowered version of yourself. So forget about diets and crazy exercise regimens, drop the self-loathing and low self-esteem . . . and get ready to walk the runway of your life!



Sarah DeAnna has appeared in some of the world's most influential fashion magazines, including *Vogue*, *Elle*, and *Marie Claire*. She has modeled for runway shows and other events for renowned designers such as Dolce & Gabbana, Versace, and Stella McCartney, and has appeared on Bravo, MTV, E!, TLC, and ABC's *Good Morning America*.

Website: www.sarahdeanna.com



Eve Adamson is a four-time *New York Times* best-selling author who has written or co-written more than 50 books, including TV star Bethenny Frankel's bestsellers *Naturally Thin*, *The Skinnygirl Dish*, *A Place of Yes*, and *Skinnydipping*. Eve and Sarah share passions for natural foods, health, yoga, beauty secrets, compassionate living, and veganism.

Website: www.eveadamson.com

Tune in to **HayHouseRadio.com**[®]
for the best in inspirational talk radio
featuring top Hay House authors!

Cover design: Patricia Martin-Owen
Front-cover photo: Melissa Rodwell Photography
Back-cover photo of Sarah: Phira Luon at PhotoGenics
Back-cover photo of Eve: Todd Adamson

ISBN: 978-1-4019-4020-1



9 781401 940201