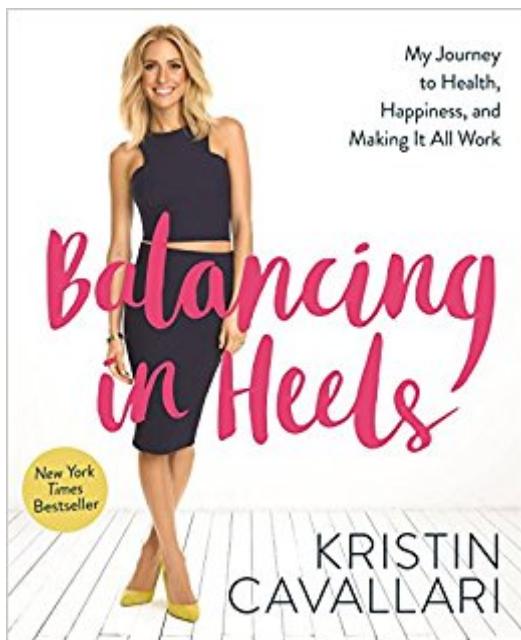


The book was found

# Balancing In Heels: My Journey To Health, Happiness, And Making It All Work



## Synopsis

For the first time ever, entrepreneur, designer, and TV star Kristin Cavallari shares how she juggles all facets of her busy life with style and grace. From outlining health and wellness, food, fitness, fashion, and her success as a businesswoman to more private matters of family, motherhood, and her relationship with her husband, Chicago Bears quarterback Jay Cutler, Kristin leaves no stone unturned to give fans of Laguna Beach and The Hills all of the answers they've been looking for. Tracing her journey from reality stardom to real life—the good, the bad, and the ugly—Kristin digs down to the most personal of relationships in her life and discusses how they made her who she is today. She also talks about the amazing effects of her healthy diet and exercise, which have made Kristin and her family the happiest and healthiest they've ever been. Kristin shares the family's favorite recipes and even reveals how her food philosophy has drastically improved Jay's type 1 diabetes. *Balancing in Heels* is a behind-the-scenes, in-depth look at who the real Kristin Cavallari is—unscripted.

## Book Information

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## Customer Reviews

"I am obsessed with Kristin Cavallari. Not only is 'Balancing In Heels' such a fun read—a cher wellness, beauty, and parenting advice is perfect for all super mommas! Kristin stays stylish while balancing it all! Brad Goreski"Reading Balancing in Heels is like sitting on the couch having a glass of wine with Kristin. Her bubbly, witty voice comes through - sharing personal family

anecdotes and stories from her career. Most of all though, this book is a really honest, endearing account of how she manages such a busy, happy life. As a Mom, wife, friend (and unbelievable cook!) this is the ultimate guide. I'm off to try her cashew cinnamon pancakes now!â ª ª Louise Roe, fashion blogger and TV host

Kristin Cavallari is a television host, designer, and entrepreneur. She starred in MTV 's hit reality series Laguna Beach and follow-up show The Hills. Kristinâ ª ª s other television credits include a recurring role on The League, Dancing with the Stars, and her co-hosted E! Network show, The Fabulist. She is the designer of her own shoe line with Chinese Laundry and a jewelry line with Emerald Duv. Kristin splits her time between Chicago and Nashville with her husband Jay Cutler, quarterback for the Chicago Bears, and their three children.

Pretty disappointing. Seemed random jumping from high school and advice and then random recipes. Not what I had hoped for.

I found this book very BORING! I usually enjoy these type of books but I didn't think any diet/exercise info was anything new (eat organic/go to the gym, got it) and her stories were so uninteresting. Skip this one save your \$\$\$

Cute book for some inspiration of balancing the mom life yet still being cute.

Nice read, with a few good recipes.

I grew up watching laguna beach and the hills so i was team Lauren! But after his book it has changed my whole mind about Kristen and how I admire her way of living. She has really helped me open my eyes to the things I am putting in my body. I wish there was just a bit more of her and a little less recipes, etc.

Love this book. Love the tips shared. Wasn't a fan of Kristen in herlaguna days but definitely find her to be a respectable young woman now.

Love this book, can't wait for cookbook to come out

I love Kristin and was really looking forward to this book. However, it let me down. It didn't seem very authentic and honestly was rather boring. I'm still a Kristin lover but this book didn't meet my expectations.

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