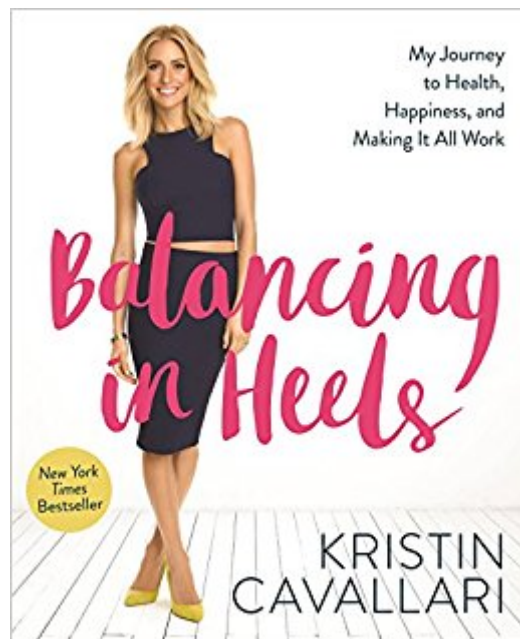




The book was found

# 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

Paperback: 240 pages

Publisher: Rodale Books (March 15, 2016)

Language: English

ISBN-10: 1623366380

ISBN-13: 978-1623366384

Product Dimensions: 7.5 x 0.6 x 9.1 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 175 customer reviews

Best Sellers Rank: #44,916 in Books (See Top 100 in Books) #119 in [Books > Parenting & Relationships > Family Relationships > Motherhood](#) #134 in [Books > Cookbooks, Food & Wine > Celebrities & TV Shows](#) #163 in [Books > Biographies & Memoirs > Leaders & Notable People > Rich & Famous](#)

## Customer Reviews

"I am obsessed with Kristin Cavallari. Not only is 'Balancing In Heels' such a fun read—her wellness, beauty, and parenting advice is perfect for all super mommas!—Molly Sims—"Mother, wife, business woman...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! ~ 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. Kristin'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 this 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 her Laguna 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.

[Download to continue reading...](#)

Balancing in Heels: My Journey to Health, Happiness, and Making it all Work Soap Making: 365 Days of Soap Making: 365 Soap Making Recipes for 365 Days (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, ... Making, Soap Making Supplies, Crafting) Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [ A Beginner's Guide to Opening and Balancing Your Chakras ] (Mudra Healing Book 3) The Ultimate Soap Making Guide: Unique Soap Making Recipes & Complete Soap Making Guide for Beginners (Soap Making at Home, Soapmaking Guide, Soap Making Recipes, Soap Making Book) My Son Wears Heels: One Mom's Journey from Clueless to Kickass The Future of Happiness: 5 Modern Strategies for Balancing Productivity and Well-Being in the Digital Era Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Backwards and in Heels: The Past, Present And Future Of Women Working In Film Going Home Again: Roy Williams, the North Carolina Tar Heels, and a Season to Remember Tar Heels handbook: Stories, stats, and stuff about UNC basketball Chutzpah & High Heels: The Search for Love and Identity in the Holy Land Making It All Work: Winning at the Game of Work and the Business of Life Swinging from My Heels: Confessions of an LPGA Star Head over Heels (Adventures in Odyssey) Jimmy Black's Tales from the Tar Heels Heels, Heartache & Headlines (Hollywood High) Real Mermaids Don't Need High Heels Balancing Work & Family All Things Joyful All Things Lovely Catholic Journal Color Doodle: First Communion Gifts for Girls in All Departments Confirmation Gifts for Girl in ... All Dep Catholic Devotional 2017 in all Dep

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)