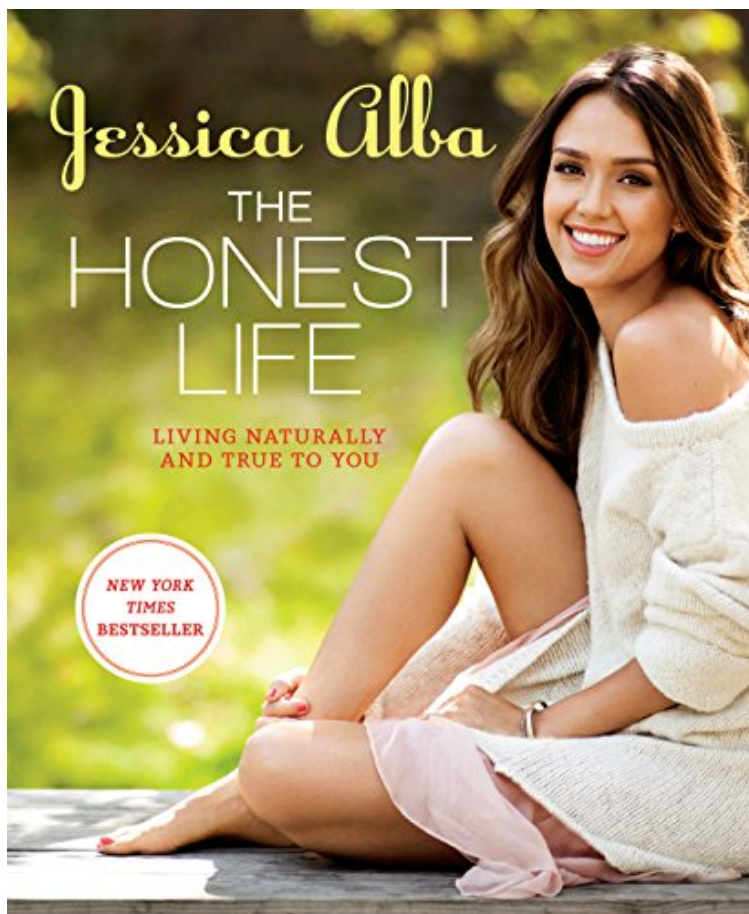


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The Honest Life: Living Naturally and True to You



Par Jessica Alba
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Description :

Prsentation de l'diteurAs a new mom, Jessica Alba wanted to create the safest, healthiest environment for her family. But she was frustrated by the lack of trustworthy information on how to live healthier and cleaner--delivered in a way that a busy mom could act on without going to extremes. In 2012, with serial entrepreneur Brian Lee and environmental advocate Christopher Gavigan, she launched The Honest Company, a brand where parents can find reliable information and products that are safe, stylish, and affordable. The Honest Life shares the insights and strategies she gathered along the way.The Honest Life recounts Alba's personal journey of discovery and reveals her tips for making healthy living fun, real, and stylish, while offering a candid look inside her home and daily life. She shares strategies for maintaining a clean diet (with favorite family-friendly recipes) and embraces nontoxic choices at home and provides eco-friendly decor tips to fit any budget. Alba also discusses cultivating a daily eco beauty routine, finding one's personal style without resorting to yoga pants, and engaging in fun, hands-on activities with kids. Her solutions are easy, chic, and down-to-earth: they're honest. And discovering everyday ways to live naturally

and authentically--true to you--could be honestly life-changing. *Revue de presse* This month it's all about Jessica Alba's *The Honest Life*...She knows her stuff.--ZEST MAGAZINE A godsend to all moms on a mission to lead an environmentally-friendly life, this treasured tome gives insight on everything from maintaining a clean diet (recipes included!) to cool decor ideas and how to achieve an au natural beauty look...Hurry and get your hands on a copy of Alba's *The Honest Life* to add to your spring reads.--THE ZOE REPORT.COM. *The Honest Life* is truly something that everyone needs to read. It's an eye-opener.--Wearstrong.com Inspiring. It's the kind of book you can read cover-to-cover (as I did) and then keep handy as a quick reference when you're making your grocery list or want to find a good non-toxic lipstick to try or a VOC-free paint for your new baby's nursery.--What Would Gwyneth Do. Alba's book is very relatable, and she breaks down her lifestyle decisions for readers in an approachable, realistic way. Her passion for this lifestyle is evident and inspiring: being eco-friendly doesn't mean you have to give up everything enjoyable in life -Inhabitots The insights are eye-opening, the tips are helpful, the recipes look delicious-- Toofab.com.

This book is not preachy or filled with lengthy scientific definitions. This book is friendly, smart and honest. I felt healthier, more energized and positive after just reading it! I also felt inspired to treat myself and my family better by making some simple changes and seeking out creative ways to live a better life each day. I really enjoyed this book and believe I will go back to reference it often. It's a great girlfriends guide to living an eco-savvy stylish lifestyle. *Blogs.babycenter.com* --various *Présentation de l'auteur* As a new mom, Jessica Alba wanted to create the safest, healthiest environment for her family. But she was frustrated by the lack of trustworthy information on how to live healthier and cleaner--delivered in a way that a busy mom could act on without going to extremes. In 2012, with serial entrepreneur Brian Lee and environmental advocate Christopher Gavigan, she launched *The Honest Company*, a brand where parents can find reliable information and products that are safe, stylish, and affordable. *The Honest Life* shares the insights and strategies she gathered along the way. *The Honest Life* recounts Alba's personal journey of discovery and reveals her tips for making healthy living fun, real, and stylish, while offering a candid look inside her home and daily life. She shares strategies for maintaining a clean diet (with favorite family-friendly recipes) and embraces nontoxic choices at home and provides eco-friendly decor tips to fit any budget. Alba also discusses cultivating a daily eco beauty routine, finding one's personal style without resorting to yoga pants, and engaging in fun, hands-on activities with kids. Her solutions are easy, chic, and down-to-earth: they're honest. And discovering everyday ways to live naturally and authentically--true to you--could be honestly life-changing.