



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

*Cara Atwill Leyba*

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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 winds up making 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 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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