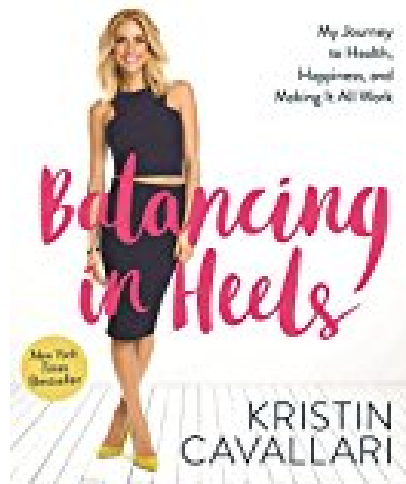


Balancing in Heels My Journey to Health Happiness and Making it all Work



BOOK DETAILS

- Author : Kristin Cavallari
- Pages : 240 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1623366380

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BOOK SYNOPSIS

Kristin Cavallari is best known for her time on the hit reality series Laguna Beach and follow-up show, The Hills. But Cavallari is so much more than a reality star. Since her time on MTV, she has had a hand in multiple business ventures, including jewelry design, a line of shoes, and a lifestyle app. Besides that, she is the mother to two young boys, wife to Chicago Bears quarterback Jay Cutler, and a frequent guest and commentator on E! Network. Cavallari is busier than ever and her fans always ask her the same question: How does she balance it all? In *Balancing in Heels*, Cavallari answers just that question and more, sharing how she juggles all facets of her life with style and grace. Chapters focus on everything from health and wellness, fitness, fashion, and being a successful businesswoman to more private matters of motherhood and her relationship with Jay. This beautiful volume is an intimate look at the woman behind the fame and the perfect gift for her many fans.

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