

PDF | Balancing in Heels: My Journey
to Health, Happiness, and Making It
all Work

by Kristin Cavallari

FOREWORD BY ROBERT KIYOSAKI

"Expert Secrets is The Map That Will Allow You To Turn Your Specialized Knowledge, Talents and Abilities Into A Business That Will Work For You! This is one of the shortcuts of the New Rich."
- ROBERT KIYOSAKI -

EXPERT SECRETS

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USA TODAY Bestseller

My Journey to Health, Happiness, and Making It All Work

Balancing in Heels

New York Times Bestseller

KRISTIN CAVALLARI

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A *New York Times* bestseller

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, NFL 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.



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