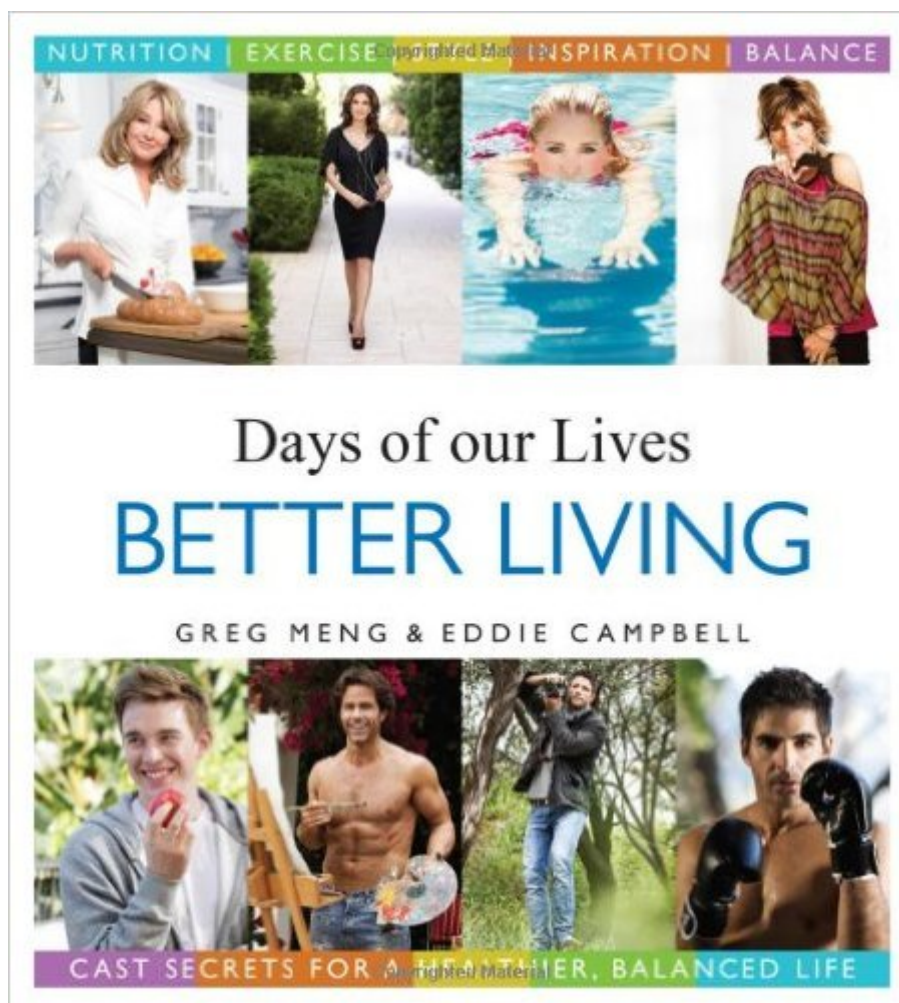


The book was found

Days Of Our Lives Better Living: Cast Secrets For A Healthier, Balanced Life



Synopsis

Visit www.betterlivingtv.com for more information, and connect with the cast on Facebook at www.facebook.com/betterlivingtvdaysofourlives. The word "balanced" has been defined as "possessing good judgment, well-grounded, wise." Most of all, having balance in your life equates to having a satisfying and rewarding existence. The lavishly illustrated Days of our Lives Better Living reaches into the private lives of the beautiful cast members and reveals some of their "secrets" for how they have managed to create unique, balanced lifestyles that allow them to look and feel their best anytime, anywhere. The five sections of this inspiring book-Nutrition, Exercise, Style, Inspiration and Balance-are packed with full-color photos, recipes, stories and valuable advice from current and former cast members on various aspects of their lives. "Fashion truly is my passion! I love the expression of it. Don't be afraid to go with bold accessories. They can make or break an outfit."-Lisa Rinna "Growing my own fruits and vegetables is the most effective way I have improved the meals that land on my table."-Deirdre Hall Discover how to...
• Get energized with the Brazilian Bombshell Smoothie
• Switch up your boring gym routine with dance, martial arts, hiking and more
• Master the secret of layering clothing and accessories to polish your personal style
• Accept "the middle path"-and learn to let stress go
• Do what you love without feeling guilty
• And much more! Whether you are interested in discovering the secrets of your favorite current and former cast members (including Deirdre Hall, Molly Burnett, Suzanne Rogers, Eric Martsolf, Galen Gering, James Scott, Austin Peck, Kristian Alfonso, Lauren Koslow, and more!) or looking for tips and tricks to improve your own lifestyle, Days of our Lives Better Living shows that healthy change is attainable and offers fun and easy ways to help you lead a happy, fulfilling life.

Book Information

Hardcover: 320 pages

Publisher: Days of our Lives Publications; 8/25/13 edition (September 24, 2013)

Language: English

ISBN-10: 140226741X

ISBN-13: 978-1402267413

Product Dimensions: 1.2 x 10 x 11 inches

Shipping Weight: 3.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (86 customer reviews)

Best Sellers Rank: #657,680 in Books (See Top 100 in Books) #68 in Â Books > Cookbooks, Food

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Customer Reviews

This book is really nice. It gives recipes, fitness tips, relaxation ideas, and skin and beauty care - not just for women but for men also. The pictures are excellent. The paper the book is made out of is the silky type of paper which is very nice. I have been watching this soap opera for many years and other Days of Lives fans would love this book.

I have been a Days of Our Lives fan for decades. This is an excellent pictorial of some of my all-time favorite actors' and actresses' personal tips for a healthier, balanced life. The photography is fantastic. This would make an excellent Christmas gift to give to other DAYS fans. This is a definite keepsake.

This book is so well written. All those characters you watch daily on "Days of Our Life" have another side which takes you beyond their characters. Gives you the opportunity to see what they enjoy when they are not on your TV; recipes, exercise, daily life. It affords you the opportunity to enjoy the villains, heroes and thugs alike in their "real life". I can assure you, it brings you up close and personal with those characters who are your daily shows. The book is thick and the recipes are simple yet makes you want to get into the kitchen. This one you need to purchase, you will not be sorry.

WHAT a great book for the DAYS fan. THIS book is filled with recipes and life ideas from the STARS of DAYS OF OUR LIVES.

Boring beyond boring. I have always been a DOOL fan and thought this book would be cute to have. If you are a DIE HARD fan, meaning you have to have every DOOL thing out there than this is for you. But this pretty much says I'm so and so and I do this, I wear this, I walk like this, I do this on the side, I drink water, I eat popcorn, I eat strawberries or my hobbies are this, etc. Honestly, I was expecting perhaps a book full of recipes from each of the actors and maybe some tips, but this was a complete waste of money. There are about 31 recipes out of 307 pages and some of them are smoothies and a simple protein shake with protein powder. On top of that telling you to moisturize, less makeup is better, etc. Just plain boring. Maybe I was expecting too much?

I love the book. I went to the book signing event in Framingham MA. I met Kristian Alfonso, Lauren Koslow, Camila Banus, Freddie Smith, James Scott and Greg Vaughan. It is a very inspiring book to living a healthier lifestyle. The eye candy is awesome!!!

I bought this for my mom. She loves it. She's already tried two recipes and read it from cover to cover. It's an awesome book for any Days of Our Lives soap fan.

I have been a Days of Our Lives fan for years and when I saw this book I had to have it! The book has fantastic pictures of the cast. It is fun to read about their own personal lives, such as work out routines, healthy recipes, and fashion tips. The only disappointing thing that I can think of to say is that there is not a whole lot to read on each page. But that's ok, it is still very worth the money spent !

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