



Made: A Book of Style, Food and Fitness

By Millie Mackintosh

Ebury Publishing. Hardback. Book Condition: new. BRAND NEW, Made: A Book of Style, Food and Fitness, Millie Mackintosh, Millie Mackintosh may have always looked like she had the perfect model shape, but a few years ago she found out she was unhealthy. Worse than that she was 'skinny fat'; her body fat percentage was higher than it should be. Used to eating junk food and having never enjoyed exercise, Millie found herself out of shape and doing her body damage. She had low energy, lacklustre skin and had no idea of how to get herself out of this vicious cycle. Millie decided to overhaul her life and her diet and she was rejuvenated; she is now stronger, healthier and more confident. With access to some of the best nutritionists, make-up artists, fitness trainers and fashion designers, Millie has taken everything she has learnt from all of these professionals and put together the ultimate book of tips and ideas for achieving the same success. Split into 4 sections: style, beauty, food and fitness, there is advice to cover every situation. In style, there are suggestions for what to wear to particular occasions and the 10 key pieces everybody needs in their...



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