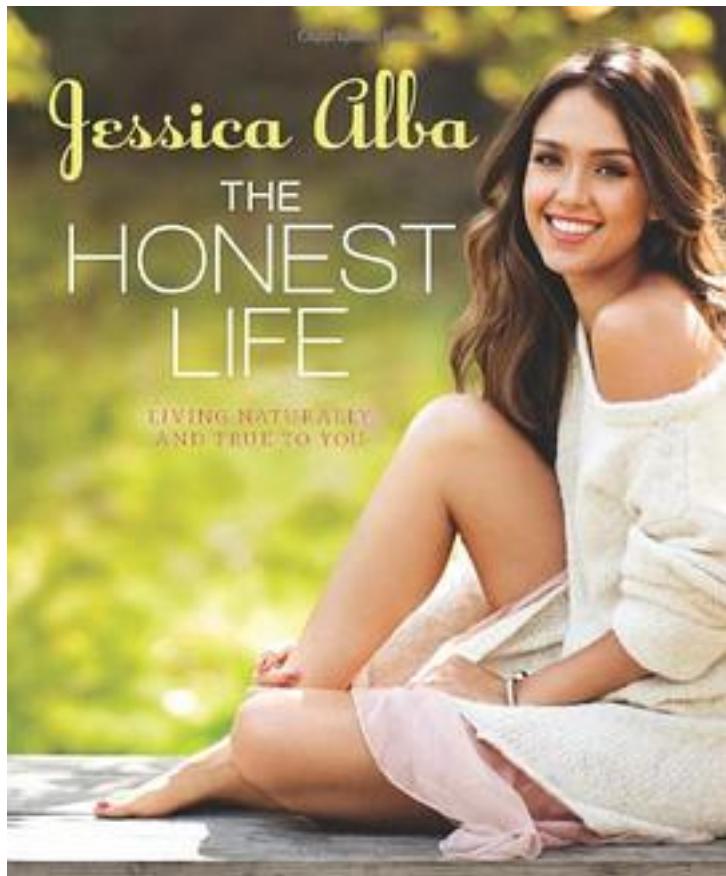


# The Honest Life



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著者:Jessica Alba

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As a new mum, Jessica Alba wanted to create the safest, healthiest environment for her family. But she was frustrated by the lack of trustworthy information on how to live healthier and cleaner - delivered in a way that a busy mom could act on without going to extremes. In 2012, with serial entrepreneur Brian Lee and environmental advocate Christopher Gavigan, she launched The Honest Company, a brand where parents can

find reliable information and products that are safe, stylish, and affordable. "The Honest Life" shares the insights and strategies she gathered along the way. "The Honest Life" recounts Alba's personal journey of discovery and reveals her tips for making healthy living fun, real, and stylish, while offering a candid look inside her home and daily life. She shares strategies for maintaining a clean diet (with favourite family-friendly recipes) and embraces nontoxic choices at home and provides eco-friendly decor tips to fit any budget. Alba also discusses cultivating a daily eco beauty routine, finding one's personal style without resorting to yoga pants, and engaging in fun, hands-on activities with kids. Her solutions are easy, chic, and down-to-earth: they're honest. And discovering everyday ways to live naturally and authentically - true to you - could be honestly life-changing.

作者介绍:

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标签

Jessica

女性.成长.传记

爱自己

成长

女性

传记

Alba

电子书

## 评论

Maybe Jessica Alba should work on acting first.

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more than a pretty face

芭姐里面的图太美了！书也很棒！不光是母亲，任何人读都会很有帮助。开始还怀疑她在给自己的产品做广告，完全不是。A REAL EYE OPENER! 告诉你how to go green and be the best you can be for the good of your family and for yourself. 传递健康、正能量的生活方式，诚恳、积极，真的是一个名人对自己名气最好的回报了。

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只是觉得她是个很理想主义的人啊。

很喜欢这种女人，用自己喜欢的方式生活，现在还能创造自己的品牌做老板！

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## 书评

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