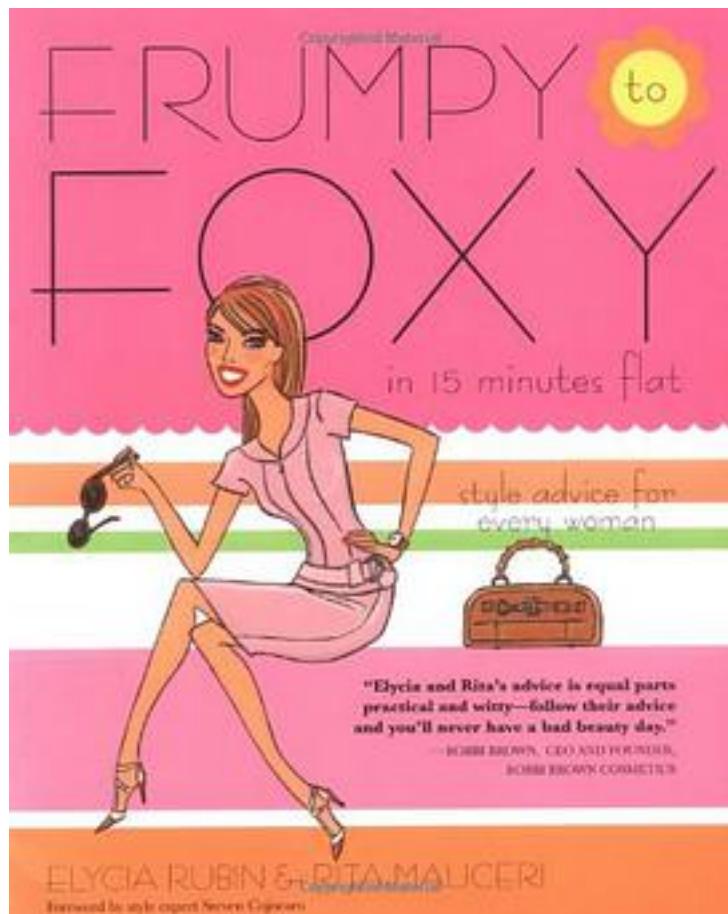


Frumpy to Foxy in 15 Minutes Flat



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出版者:Quayside Pub Group

出版时间:2005-5

装帧:Pap

isbn:9781592331109

Frumpiness is a fact of lifeafrizzy hair days, blotchy skin days, big and bloated days. But women everywhere can take solace in the fact that they're not the only ones who get "the frumps" -- EVERYONE does WomenAEs magazines have built an enormous business around this fact, from Glamour's catty "Dos and Don'ts" feature to the recent

Star magazine cover feature on "Stars Without Makeup." Elycia Rubin and Rita Mauceri to the rescue Contrasting frumpy "before" illustrations and commentary with the foxy "after" pics, Elycia and Rita show you how to avoid looking frumpy in all situations. "Frumpy to Foxy in 15 Minutes Flat" shows women how to ditch the frumpies and drape themselves in foxy for every life situation, from working out to going out.

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