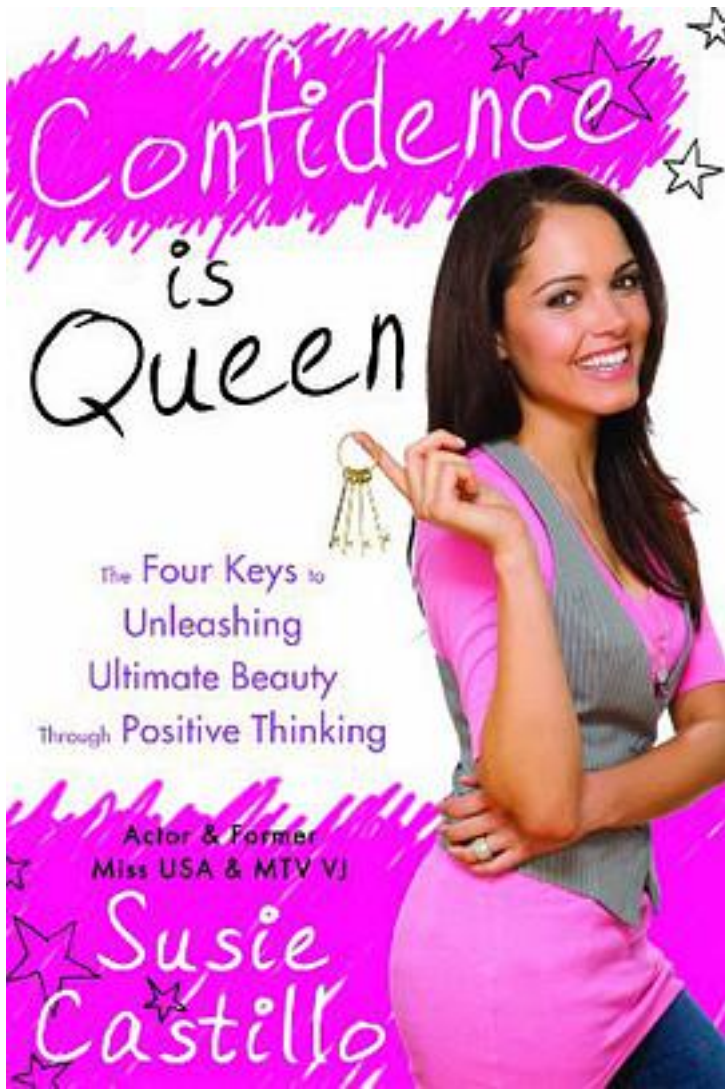


Confidence Is Queen



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Former Miss USA and MTV VJ Susie Castillo shares her ultimate beauty secret.

MTV personality, Neutrogena spokesperson, and former Miss USA Susie Castillo knows firsthand what it takes to get the most out of life: confidence. She learned this through her greatest victories, as well as through her greatest challenges. After her father left the family when she was only six years old, Susie could have succumbed to feeling discouraged and insecure. But her resilient mother taught her the power of positive thinking, which gave Susie confidence, earning her a crown and a dream come true.

Today, that positive thinking has become a way of life for Susie. In this inspirational book, she reveals the four keys to building self confidence and how to apply them to one's life. By developing spirituality, embracing relationships, taking control of health and body image, and making dreams a reality, readers will be unleashing their own ultimate beauty in no time.

作者介绍:

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