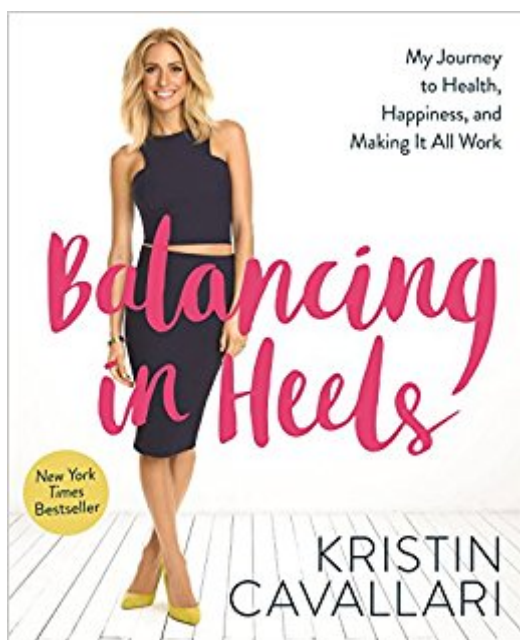


The book was found

Balancing In Heels: My Journey To Health, Happiness, And Making It All Work



Synopsis

For the first time ever, entrepreneur, designer, and TV star Kristin Cavallari shares how she juggles all facets of her busy life with style and grace. From outlining health and wellness, food, fitness, fashion, and her success as a businesswoman to more private matters of family, motherhood, and her relationship with her husband, Chicago Bears quarterback Jay Cutler, Kristin leaves no stone unturned to give fans of Laguna Beach and The Hills all of the answers theyâ™ve been looking for. Tracing her journey from reality stardom to real lifeâ•the good, the bad, and the uglyâ•Kristin digs down to the most personal of relationships in her life and discusses how they made her who she is today. She also talks about the amazing effects of her healthy diet and exercise, which have made Kristin and her family the happiest and healthiest theyâ™ve ever been. Kristin shares the familyâ™s favorite recipes and even reveals how her food philosophy has drastically improved Jayâ™s type 1 diabetes. *Balancing in Heels* is a behind-the-scenes, in-depth look at who the real Kristin Cavallari isâ•unscripted.

Book Information

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Customer Reviews

I REALLY REALLY wanted to love this book but I just can't. While it is no doubt written by Kristen, she isn't really telling her story - she is kind of just giving a rough outline of her day to days, her marriage, her kids and how she is balancing it. There isn't a lot of meat to the book but there are a lot of pictures. I love her dearly and loved her on Laguna (real or not) but this book was disappointing. Its just meh and really didn't give me any information that I didn't already know or

wouldn't have already assumed from a wife / mother. I finished the book (in 1 day) saying "no duh" to myself.

I found this book very BORING! I usually enjoy these type of books but I didn't think any diet/exercise info was anything new (eat organic/go to the gym, got it) and her stories were so uninteresting. Skip this one save your \$\$\$

Kristin is a high-school graduate with no medical training or scientific credentials and yet feels her "Google" searches qualify her to give nutritional and medical advice. Please speak to your board-certified pediatrician before following any of her health tips. Giving goats milk to children under 12months can be dangerous and is not recommended by the American Academy of Pediatrics.

This book is basically a list of things that came easy to her. Breastfeeding, getting jobs, meeting her husband, losing weight...there was nothing of substance in this book at all. I wanted to hear about ACTUALLY balancing things and dealing with real life situations, not about how awful GMOs are and how she never allows Doritos or corn in the house.

What a joke. I suspected this book was nothing more than a self-aggrandizing attempt of Cavallari to pat herself on the back for just doing what most women manage to accomplish without fuss or comment, and that's exactly what this book is - self-congratulatory rubbish. Unless you're a hopeless loser seeking advice from someone of mediocre accomplishment, then you might find this helpful. Otherwise, it's a total waste of time.

I've been a Kristin fan since the Laguna Beach days and so I was expecting some great insight on her tough childhood and how things on the show affected her. To be fair there is a section on this but I feel like it wasn't nearly enough. Most of the book was about her kids and husband which is fine I guess but it comes off as boring and not relatable. She basically says she decides to stop going for the bad boys and all of a sudden Jay comes along. She talks about how easy it was for her to lose weight and stay healthy during pregnancy. While that's great for her I don't think it's relatable for most of her fan base. Not to mention the majority of her fan base probably doesn't have 3 kids and a rich husband. I think if she could have been more raw and open about her tough childhood and more about her deeper feelings and emotions it could have been more relatable.

None of the recipes and exercises really seemed like "her", it just felt like she googled them and stuck them in the book. So unless you are looking for some recipes and some simple workouts, I wouldn't recommend.

Let's be honest and just call this book what it is; an easy to read, cause-I'm-bored-and-can't-find-anything-else-to-occupy-my-mind book. There was much hype leading up to the release of *Balancing in Heels*, and as a 29 year old who has watched the girls of Orange County grow up since their high school days, I was beyond excited to hear about the changes in Kristin's life since leaving *The Hills* and beginning her own family. There was nothing to "hate" about this book, except the fact that I feel it was waaaay over priced for what it contains. Kristin explains her character in the early days of Laguna Beach and describes the changes that she's gone through since. The problem with this book is that we already know most of what's included. We know Kristin & LC fought over Stephen in Laguna Beach. We know she got engaged to Jay Cutler, called it off, and then repaired their relationship, later welcoming 3 beautiful babies into their lives. The advice is extremely general and mainly just common sense. These are all things that every new mom (and those who aren't moms) hear all the time. This is nothing new. I was looking for a more in depth look at Kristin's current life, like menu's her kids love, favorite music, favorite family activities, makeup tutorials, etc. Instead, we paid quite a bit to read what we've already read and seen in tabloids over the last 15 years. Super disappointed.

Don't spend your hard earned dollars on this. I had hoped it would be better...but this book was a complete disappointment. I guess that's what I get listening to the hype and adding it to my preorder list. I am a fan of Kristin's, but I definitely agree with a lot of the other reviewers. I was hoping this would have a lot more information and insight into Kristin's life, but it was cookie cutter information with very little details into her life at all. I wish I would have waited until I could buy this book used for 0.01 on . Another sucker is born, great job Rodale...

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Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your

Chakras: [A Beginner's Guide to Opening and Balancing Your Chakras] (Mudra Healing Book 3)
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