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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

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The Honest Life: Living Naturally and True to You ...

-- LiveMom.com, The Honest Life by Jessica Alba is an indispensable handbook for healthy, sustainable, stylish and affordable living., This book is not preachy or filled with lengthy scientific definitions. This book is friendly, smart and honest. I felt healthier, more energized and positive after just reading it!

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The Honest Life : Jessica Alba : 9781609619114

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