



# Rinnavation: Getting Your Best Life Ever

*Lisa Rinna*

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## **Rinnavation: Getting Your Best Life Ever** Lisa Rinna

Whether she's interviewing celebrities on the red carpet, or "movin' what she's got" on *Dancing with the Stars*, Lisa Rinna always looks absolutely sensational. Now for the first time, the award-winning actress who captured our hearts in *Days of Our Lives* and *Melrose Place* reveals her best-kept secrets for staying fit, managing weight, looking beautiful, feeling sexy, and living the best life possible.

In *Rinnavation*, her guide to looking and feeling your best, you'll discover:

- How Lisa got that *Dancing with the Stars* body
- How to lose weight fast -- without counting calories
- How to be "camera-ready" in just minutes
- Advice for balancing work and family while also finding time to take care of yourself
- Plus: Lisa's instant "lip plumper," quick-fix tanner, everyday makeup advice, hairstyling secrets, and even super-hot sex tips!

As a Hollywood star, Lisa has worked with the very best stylists, trainers, and professionals in the industry. Now she shares all her insider secrets, with surprising candor, down-to-earth humor, and irresistible charm. She talks frankly about her self-esteem lows, her struggle losing baby weight, her Hollywood marriage with actor Harry Hamlin, and her never-before-told experiences with cosmetic surgery. She reveals her emotional and spiritual journey from feeling unattractive and uninspired to finding a new sense of purpose and enthusiasm. And she shows you how to dramatically improve the quality of your life -- inside and out -- by approaching it one day at a time.

"I firmly believe that anyone can change their life for the better," Lisa says. "You just have to make up your mind to make it happen."

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A lot of people always spent their particular free time to vacation or even go to the outside with them family or their friend. Do you know? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity that's look different you can read a book. It is really fun for yourself. If you enjoy the book which you read you can spent the entire day to reading a reserve. The book Rinnavation: Getting Your Best Life Ever it is quite good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. In case you did not have enough space to bring this book you can buy the particular e-book. You can m0ore quickly to read this book from the smart phone. The price is not too expensive but this book offers high quality.

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