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The Honest Life shares the insights and strategies she gathered along the way.

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I was surprised on how much I liked The Honest Life by Jessica Alba. This book offers clear, sound and non judgmental advice on all aspects on how you live your life including food choices, clothes,

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skincare, maternal, home improvement, etc. Alba backs up her sources with websites and references and also from hands-on experience.

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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,

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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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