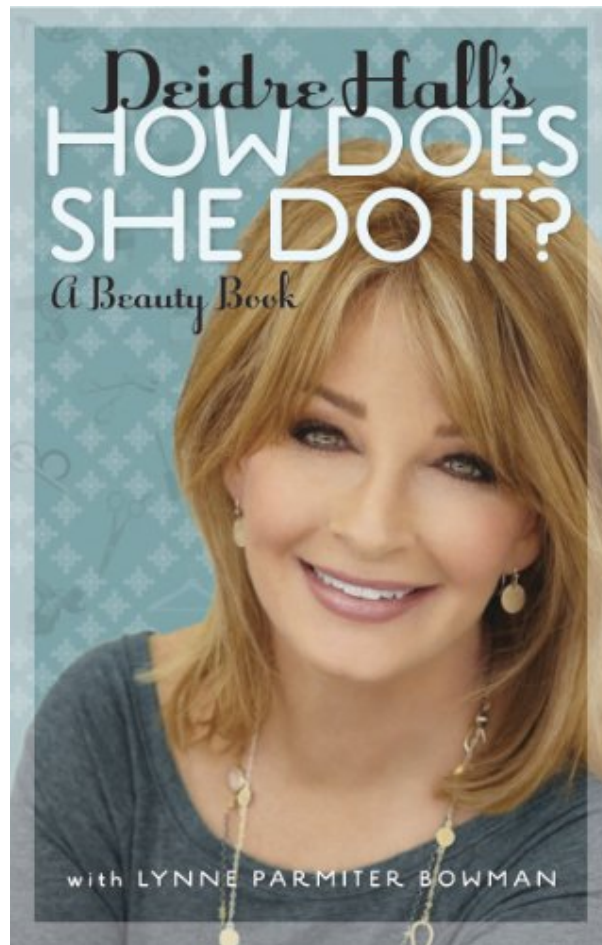
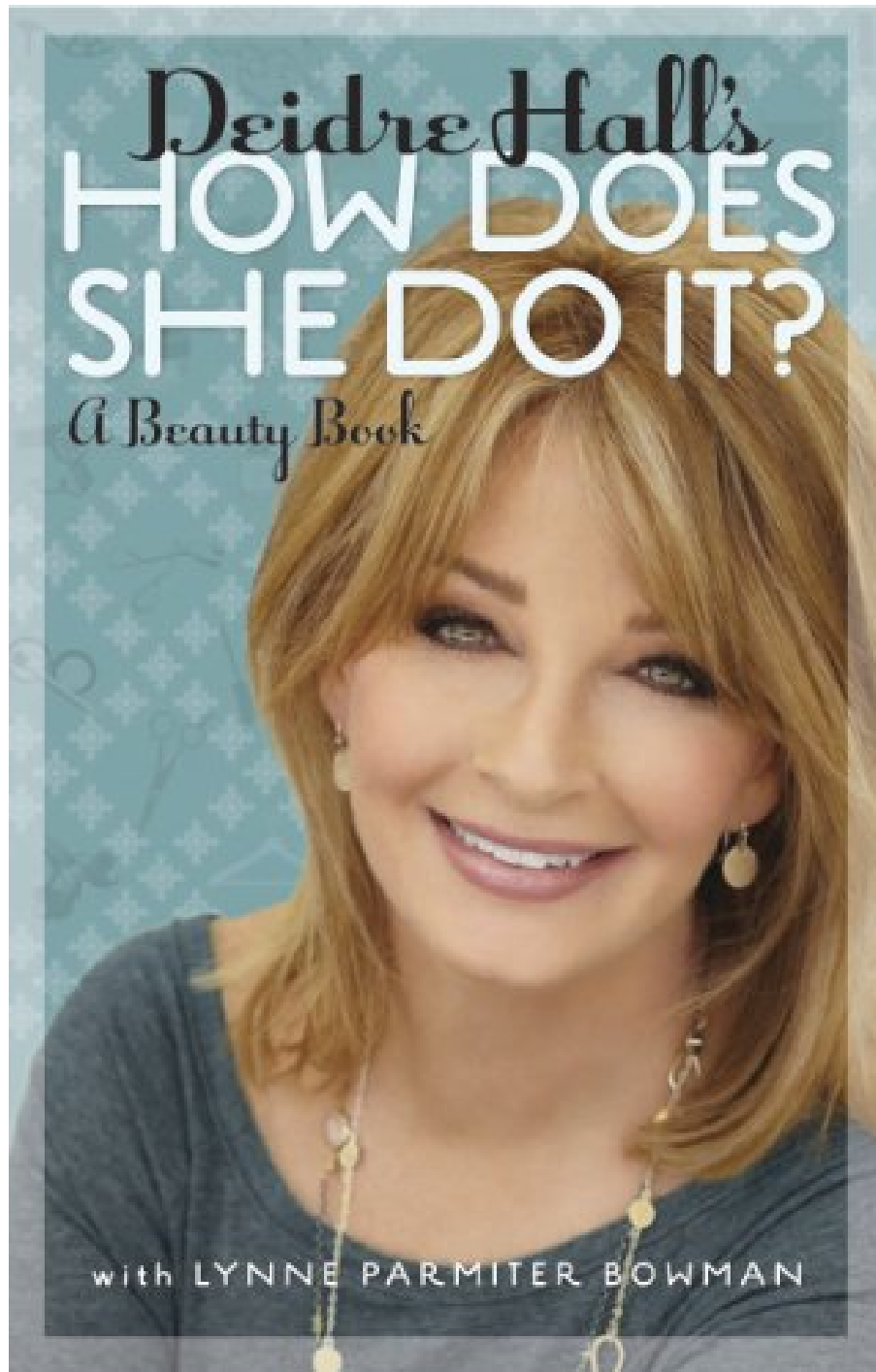


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DEIDRE HALL'S HOW DOES SHE DO IT? A BEAUTY BOOK BY DEIDRE HALL PDF

How do those gorgeous women you see on TV keep it glued together, year after year? How in the world do they still look eerily like they did when you watched the show in the eighties with your Grandma? Deidre Hall, best known to many as the ever-patient, impossibly good Dr. Marlena Evans for more than thirty years on NBC's *Days of Our Lives*, is obviously having fun with this. Along with co-author and longtime pal Lynne Bowman, Hall is sharing beauty secrets, personal stories and professional tips gleaned from decades in front of an unforgiving camera lens. They start with "What Beauty Is and Why It Matters," moving right on through how to get the sleep you need, how to stand, how to move, apply makeup, dress, style hair, groom hands and feet. There are frank and comprehensive discussions of permanent makeup, hair removal, plastic surgery and cosmetic dentistry, weight loss, and even great notes on fragrance. Expect to find some truly pro-level techniques you didn't already know, along with a different twist on things you thought you already knew, all wrapped in a surprisingly charming package from one of television's loveliest legends.

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Beauty is timeless, and so is this book

By Ellie

Here's the thing about the suggestions in Deidre Hall and Lynne Bowman's books: They work. This message was brought home to me in their first book, *Deidre Hall's Kitchen Closeup*, when they asserted that men like a certain kind of soup they labeled "Genius Soup". Really?, my skeptical mind thought. Well, I haven't made that particular recipe in a few months, and the other day my husband asked me "to please make that soup from Deidre's book." Bear in mind this is about the only item I've prepared that he's mentioned again months later, let alone requested as a meal. I took an informal survey and it seems others had the same experience as well.

And now, *Deidre Hall's How Does She Do It? A Beauty Book*. I will relate my personal experience in a moment, but let's start with the basics. Hall and Bowman begin this work with an endearing look at their own mothers, both clearly beautiful women in their own right, and their message is crystal clear: Beauty is timeless; it's only the tools that have changed.

To that end, Hall and Bowman go into detail about many of the beauty methods available in all areas today. They present the levels of the beauty preparedness one must have on something akin to the US Terror Alert Scale. If you find yourself nodding in agreement and recognition, prepare to do so for the entire book. Their sense of humor and self-deprecating attitude is made manifest as they detail many areas of beauty tools and treatments, such as: Sleep, posture, makeup, lighting, shopping, skin care, permanent makeup, hair care,

plastic surgery, exercise, weight loss, dental work, and fragrance. Each of these areas is given a healthy (so to speak) treatment; no stone or eyeshadow palette is left unturned as Hall and Bowman pepper the book with pictures and anecdotes from their own careers and search for the ultimate beauty tips, tricks and tools in each area they cover. As in their first book, their tone is not at all preachy; my favorite line, for example, is "The girl who put down the books and slept will also look way better at the exam, by the way." Hall and Bowman make clear that they're sharing their hard-earned knowledge in each of the areas. They include interviews with experts when needed, and it's clear they're just as eager to learn as we are.

And now, to my own personal experiment with this book. The day after I received the book, I decided to turn a routine Friday night dinner invitation into a Defcon-, er, level-five event. For the uninitiated, level one is somewhere around rolling out of bed and looking ok enough to open the door and take in the paper, and level five is where one should be to attend a function like a wedding - or, in Hall's case, to be filmed for a daily national TV show. I primped, preened, painted, and incorporated almost every other suggestion from the book which was available at my disposal. Would anyone notice my 'leveling-up'? Well, compliments did pour in, and with every "Wow! What's different? You look great!", my smile got a little bit bigger. Bowman and Hall's suggestions aren't just fun to read; they work.

I'll end with one more anecdote. The same day I read the book, I was speaking on the phone with my grandmother. We normally chat about light topics, but our discussion veered to what her mother-in-law and family members took out of Europe when they escaped before the war. She told me they took religious artifacts, "and also they took the clothes". Now, she meant it in an only-the-shirt-on-their-backs type of way, but I couldn't help it - I had just finished this book, after all. I started giggling. "They took the clothes?" I said. My grandmother, catching my drift, giggled back. "Yes they did. The women took the clothes." Beauty is timeless, and so is this book. Buy your copy today.

6 of 7 people found the following review helpful.

The honest truth about Hollywood beauties

By cosmo

I think every women has looked at the Hollywood beauties and wondered how they always looks so beautiful and this book tells you just that. Deidre is so open and honest about everything from plastic surgery and permanent make up to fitness and fashion. If you want honest answers, this is the book for you. It's a great read, very informative!

5 of 6 people found the following review helpful.

How Does She Do It?? A reshaping look at simple, at home, beauty tips.

By C.A.Workman

The new book by Deidre Hall and Lynne Bowman was a pure joy to read. This book was not written by someone who has a mere theory about beauty tips, but by women who have been in the spotlight for over 30 years. Over the years, Deidre has been employed in a career that makes looking her best a necessity. Although cosmetic alterations are mentioned, Deidre and Lynne make sure they aren't pre-requisites to looking your very best. A few exercises, a simple change in posture, lighting,etc. make a positive difference in how we appear to others. I would have to say my favorite part of the book, is the simply put, everyday humor that we all need in our life. I laughed several times while reading the book and continue to think of funny comments made by Deidre and Lynne. I do believe these women knew what they were doing by making it humorous, because laughter and smiles are some of our best features. You will not be disappointed by this book and the hard work they put into it paid off extremely well. There were also amazing pictures of their friendship through the years that were highly appreciated. Hope you enjoy as much as I.

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