



# Pretty Takes Practice: A Southern Woman's Search for the Real Meaning of Beauty

*Charla Muller*

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**Pretty Takes Practice: A Southern Woman's Search for the Real Meaning of Beauty** Charla Muller  
Charla Muller's first book, *365 Nights*, was called "entertaining" (*Albuquerque Journal*), "surprising [and] remarkable" (*The Independent* [London]). It also launched her into the public eye—and brought her to a moment of painful realization . . .

For an average working mom like Charla, going on a book tour was both intimidating and exciting. It also turned out to be horrifying: When she saw herself on a screen in glorious, unforgiving HD, it magnified all her flaws, prompted comments from unadoring fans, and forced her to reevaluate her (lack of) exercise regimen.

But Charla was jolted into action and used that cringe-inducing close-up as a wakeup call. After shedding a few tears over how she'd let herself go (and over the five-year-old discount sweater she wore on *Oprah*), she set out on a strange, hilarious, and poignant journey that tapped into and tested her values, her beliefs about beauty, her self-image, and, of course, her relationship with her mother.

In this lively, funny, moving account, a Southern woman shares stories she swore she'd never tell—and ultimately offers some unexpected and universal insight about how pretty takes practice.

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A lot of people always spent all their free time to vacation as well as go to the outside with them household or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity this is look different you can read a book. It is really fun for you personally. If you enjoy the book you read you can spent the whole day to reading a publication. The book *Pretty Takes Practice: A Southern Woman's Search for the Real Meaning of Beauty* it is quite good to read. There are a lot of those who recommended this book. These were enjoying reading this book. Should you did not have enough space to create this book you can buy the particular e-book. You can m0ore easily to read this book from your smart phone. The price is not to fund but this book possesses high quality.

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