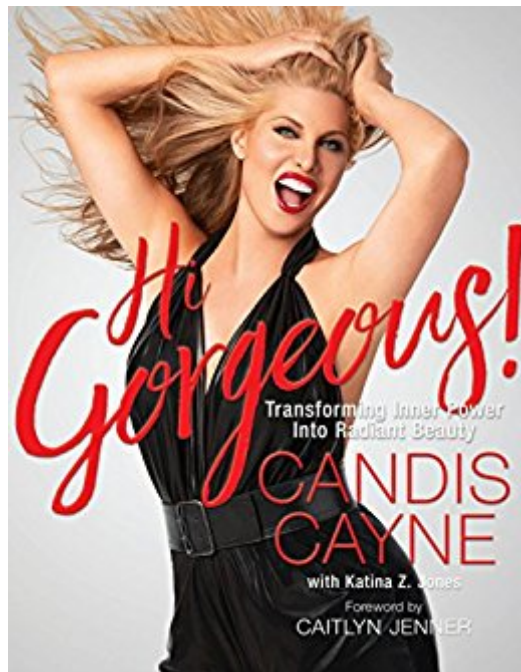




The book was found

Hi Gorgeous!: Transforming Inner Power Into Radiant Beauty



Synopsis

Trailblazing transgender actress, activist, and style icon Candis Cayne has spent a lifetime learning how to see herself for who she really is, and along the way has taught herself and others how to celebrate inner beauty as the perfect starting point for outer radiance. Drawing from her personal journey to self-acceptance and comprised of a unique combination of cross-barrier, body-positive wellness and style advice, *Hi Gorgeous!* is a one-of-a-kind beauty guide that will speak to all women. Engagingly written, highly visual, and filled with "Glam on the Go" tips and exclusive interviews with Candis's team of "radiance experts," the book will cover everything from new definitions of womanhood and beauty (with elements of Candis's own journey woven in) to hands-on makeup and style tips aimed at enhancing all of a woman's possibilities. *Hi Gorgeous!* opens with a foreword by Candis's best friend, former Olympian and transgender star Caitlyn Jenner. This beautiful, inspiring, and informative book will empower women on their own path and help them convey their radiance to the world.

Book Information

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Customer Reviews

I really loved this read. She talks about working on the inside as well as the outside. I would

recommend this to any fashionista female or male.

Great book. All the positive messages about inner beauty for all. Very inspiring.

Love her book!

Glamorous transgender actress Candis Cayne believes beauty and confidence come from within. Her upbeat and empowering self-help guide, *HI GORGEOUS!*, begins by helping readers dismantle their insecurities (fed by a body-shaming media) and build up their self-confidence. "If you don't believe you're beautiful or even worthy of beauty in the first place, you're never going to experience the absolute joy that comes from living a life of radiance, happiness, and especially freedom," writes Cayne. Mixed into these opening chapters are Cayne's memories of growing up effeminate in Hawaii. "I knew in my heart and soul that I was born to be a woman," she writes. "These feelings, though, confused and angered people, so growing up was not always easy." Cayne details how inner beauty can be achieved through yoga, visualization, exercise, meditation and diet. Steps toward outer radiance include skin care, makeup tips, hair care, clothing for every body type, jewelry/accessories and essentials for a complete wardrobe. The final chapters offer advice for online dating and for projecting confidence at job interviews. *HI GORGEOUS!* is welcoming and useful to trans and cis readers alike, with the beauty and makeup sections striving toward Cayne's classic elegance. Cayne and coauthor Katina Z. Jones's energetic and encouraging advice is complemented by Frances Soo Ping Chow's fun book design and Kourosh Sotoodeh's stunning photos. This is a thoughtful, generous and helpful guide that offers solid steps to embracing and showcasing your inner and outer beauty. Trans actress Candis Cayne's guide to achieving inner and outer beauty is upbeat, empowering and beautifully designed and illustrated.

Hi, Gorgeous! by Candis Cayne is a free NetGalley ebook that I read in early June. Pisht, of course I know who Candis Cayne is; aside from her appearances on *I Am Cait*, I absolutely recognize her 'hairgraphy' from seasons of *RuPaul's Drag Race*. I was also really pleased to learn about hair and nail care tips, shopping proper for clothes and accessories, understanding the futility of body shaming (from external sources and the negativity of one's own id), yoga and meditative techniques, and keeping motivated and inspired with a personalized vision board.

I had high hopes for this. I've like Canids Cayne since her career began m and have enjoyed

following it. Unfortunately the introduction by D list celebrity ,Caitlyn Jenner turned me off...but we all know Ms Cayne was paid to be her "friend" on the ill fated reality show! The book itself seems to be taken from an 80's template beauty book..maybe Victoria Principal? None of the camp or actual good info provided by Arlene Dahl and other B celebrity beauty bibles! Very very small section on her early days...with no mention of Boy Bar, which catapulted her success. Then it turns into a self help, beauty book, filled with what appears to be a one day (but very pretty) photo shoot of Candis..with the same hair and makeup. With a few costume changes. I think , like other things, this really misses the mark. Had higher hopes from Candid Cayne

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