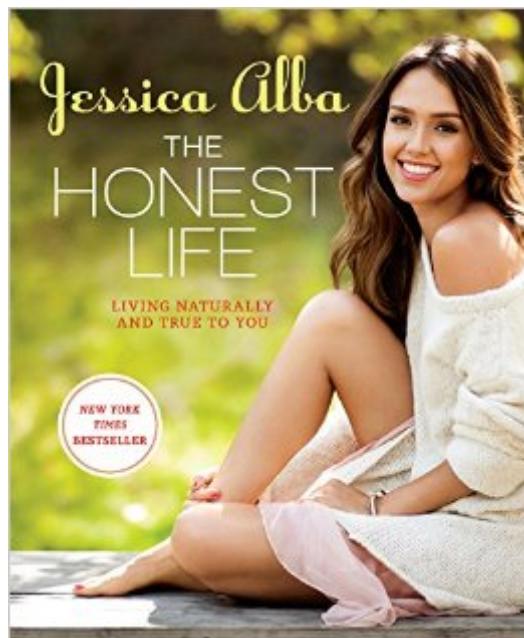


The book was found

The Honest Life: Living Naturally And True To You



Synopsis

As a new mom, Jessica Alba wanted to create the safest, healthiest environment for her family. But she was frustrated by the lack of trustworthy information on how to live healthier and cleanerâ •delivered in a way that a busy mom could act on without going to extremes. In 2012, with serial entrepreneur Brian Lee and environmental advocate Christopher Gavigan, she launched The Honest Company, a brand where parents can find reliable information and products that are safe, stylish, and affordable. The Honest Life shares the insights and strategies she gathered along the way. The Honest Life recounts Alba's personal journey of discovery and reveals her tips for making healthy living fun, real, and stylish, while offering a candid look inside her home and daily life. She shares strategies for maintaining a clean diet (with favorite family-friendly recipes) and embraces nontoxic choices at home and provides eco-friendly decor tips to fit any budget. Alba also discusses cultivating a daily eco beauty routine, finding one's personal style without resorting to yoga pants, and engaging in fun, hands-on activities with kids. Her solutions are easy, chic, and down-to-earth: they're honest. And discovering everyday ways to live naturally and authenticallyâ •true to youâ •could be honestly life-changing.

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Customer Reviews

I lived blissfully unaware of just how bad so many of our products are until my youngest was born and we discovered he had vicious allergies and asthma right from the start. It took going through a lot of doctors to find anyone even remotely interested in finding the problem instead of just masking

symptoms with chemical creams and steroids. And this was back before allergens had to be clearly listed on labels. I spent countless sleepless nights on research and turning my house and our lives upside down trying to rid our house of as much crap as I could. My friends and family thought I was going nuts and OCD -I probably was!- but I was really just a mom looking to give my baby boy some relief and had virtually no one to help me. As I read The Honest Life, all I keep thinking was "If only this book and brand existed 10 years ago!!" The sanity, sleep, frustration, and tears it would have saved me!! Whether you're invested in doing a whole lifestyle change or just looking for some clean products and tips on how to cut chemical and toxin exposure from your life a little bit, definitely read this book. Even if you already know most of the information, it's filled with Jessica's personal tips, tricks, and suggestions, which can be helpful for anyone. You also don't have to join a hippie commune in order to make substantial changes. Jessica herself admits on page one - she eats meat, doesn't have time for cloth diapers, and doesn't grow her own food. She and her husband even eat and love bacon. You'll be amazed how simple most changes are. She does admit that she has the money to eat completely organic and buy the crazy expensive Eco-friendly chemical free crib mattresses, but understands that most people don't. (Thank you!!

I bought this book last week to read while on vacation. I finished it in 2 days.... This book made me want to spring clean my house as soon as I returned (and I did)!! A book that can excite me about cleaning and make the process enjoyable is worth 5 stars to me. I'm really into organic skin care and makeup, and that's why I primarily purchased this book. I wasn't expecting to like the "cleaning" and "home" sections of the book the most. I'm a single young woman, so this book is not just for mothers with children. I would divide the book into 5 categories: beauty, style, cleaning, home and kids. A few tips I've learned from the book that I didn't know before:1. Put non-chlorine bleach at the bottom of your toilet brush to keep it from getting icky.2. Using vodka mixed with essential oils as an air freshener spray3. Products that result in off-gassing, such as polyurethane coating for hardwood floors and furniture, cabinets that are used with glue and wallpaper adhesives. There's not too much I can do now that I've already done some home remodeling, but I have the knowledge now if I ever move into a different home....Jessica Alba mentions her "Honest" line of products throughout the book. When I initially noticed this, I was a bit turned off, because I thought this book would just end up as a plug for her product line. I then went on the Honest website, and I noticed that the products were actually affordable and seemed decent. I'm a sucker and ended up purchasing a handful of products. I received my products the other day, and I've already used just about every single one. I'm sure this whole product line will be available at health food stores in no time (rather than

ordering a big box online).

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