



Finding Your Foxy: Feeling Frumpy and Unfit is so Last Season

Jessica Wyman

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Finding Your Foxy is a lifestyle guide for foxy gals, and it's not what you think. It's like your best friend's ultimate advice on how she looks so effortlessly foxy. The book includes advice on how to eat, what to eat, staying fit without it being a chore, fashion advice, happiness galore, detoxing, slimming recipes and quotes from some of the foxiest ladies around. Foxy girl has a lot on her plate, she ain't got no time for mountains of reading. She's ready to strut, sashay and saunter through her days so the advice gets you there without complicated plans.

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