



# 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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#### **Colleen Harman:**

Playing with family within a park, coming to see the coastal world or hanging out with close friends is thing that usually you may have done when you have spare time, then why you don't try thing that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love *Pretty Takes Practice: A Southern Woman's Search for the Real Meaning of Beauty*, you could enjoy both. It is very good combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't have it, oh come on its called reading friends.

#### **Florence Davis:**

As a scholar exactly feel bored to be able to reading. If their teacher asked them to go to the library as well as to make summary for some publication, they are complained. Just tiny students that has reading's spirit or real their leisure activity. They just do what the instructor want, like asked to go to the library. They go to generally there but nothing reading really. Any students feel that reading through is not important, boring and also can't see colorful images on there. Yeah, it is for being complicated. Book is very important for

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