



The Honest Life: Living Naturally and True to You

By Jessica Alba

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The Honest Life: Living Naturally and True to You By Jessica Alba

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 cleaner?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 authentically?true to you?could be honestly life-changing.

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Editorial Review

Review

“This month it's all about Jessica Alba's *The Honest Life*...She knows her stuff.” ?ZEST MAGAZINE

“A godsend to all moms on a mission to lead an environmentally-friendly life, this treasured tome gives insight on everything from maintaining a clean diet (recipes included!) to cool decor ideas and how to achieve an au natural beauty look...Hurry and get your hands on a copy of Alba's *The Honest Life* to add to your spring reads.” ?THE ZOE REPORT.COM

“The Honest Life is truly something that everyone needs to read. It's an eye-opener.” ?Wearstrong.com

“It's the kind of book you can read cover-to-cover (as I did) and then keep handy as a quick reference when you're making your grocery list or want to find a good non-toxic lipstick to try or a VOC-free paint for your new baby's nursery.” ?What Would Gwyneth Do

“Alba's book is very relatable, and she breaks down her lifestyle decisions for readers in an approachable, realistic way. Her passion for this lifestyle is evident and inspiring: being eco-friendly doesn't mean you have to give up everything enjoyable in life” ?Inhabitots

“The insights are eye-opening, the tips are helpful, the recipes look delicious” ?Toofab.com

“This book is not preachy or filled with lengthy scientific definitions. This book is friendly, smart and honest.

I felt healthier, more energized and positive after just reading it! I also felt inspired to treat myself and my family better by making some simple changes and seeking out creative ways to live a better life each day. I really enjoyed this book and believe I will go back to reference it often. It's a great girlfriends guide to living an eco-savvy stylish lifestyle.” ?Blogs.babycenter.com

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“The Honest Life by Jessica Alba is an indispensable handbook for healthy, sustainable, stylish and affordable living.” ?Movelifestyle.com

“I would recommend this book to anyone interested in healthy or stylish living, with this book you get both.” ?NATURALLYCHICLIFE.COM

“I wholeheartedly recommend this book to anyone who is looking for a great introduction to a greener, cleaner lifestyle.” ?Beautypalatte.com

“Features useful and affordable tips for leading a natural lifestyle.” ?Remodelista.com

"I found this book to be as great to look at as it is to read...the easy-to-follow tips are real, relatable, and realistic." ?*Albany Times Union*

"The pages are filled with lots of easy to read and find information, not to mention beautiful photos and stories... this has been a great way to grab a tip or two as I need them and flag them for later." ?*Mommas Gone City*

"This book is refreshingly down-to-earth, and its user-friendly format throughout each section makes living naturally fun, easy and attainable. The photos are gorgeous, and it inspires and reminds us to keep picking up those healthy habits and to share them with friends and family. " ?*EcoChick.com*

"A chatty, down-to-earth guide on greening your life without compromising your style...Alba's tips are mostly accessible and low-stress." ?*The Austin American Statesman*

"It's chock full of useful information that you've always wanted to know but have never really had the time to sit down and research. ..*The Honest Life* is an indispensable handbook for healthy, sustainable, stylish and affordable living." ?*LiveMom.com*

About the Author

Jessica Alba is a Golden Globe–nominated actress, committed environmentalist and social justice activist, and co-founder of The Honest Company. She lives in Los Angeles with her husband and two young daughters.

Users Review

From reader reviews:

Frank Miller:

What do you regarding book? It is not important to you? Or just adding material when you require something to explain what yours problem? How about your spare time? Or are you busy man or woman? If you don't have spare time to accomplish others business, it is give you a sense of feeling bored faster. And you have free time? What did you do? All people has many questions above. They need to answer that question because just their can do in which. It said that about e-book. Book is familiar in each person. Yes, it is suitable. Because start from on guardería until university need this *The Honest Life: Living Naturally and True to You* to read.

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