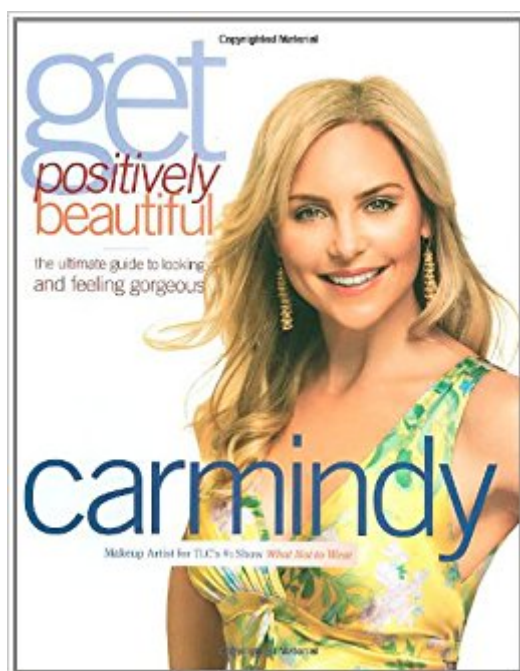


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# Get Positively Beautiful: The Ultimate Guide To Looking And Feeling Gorgeous



## Synopsis

According to a recent study, only 2% of women describe themselves as 'beautiful.' (Dove Global Study 'The Real Truth About Beauty: A Global Report', 2004) The media instructs women how to 'look ten years younger,' 'cover up wrinkles,' or 'get fuller, plumper lips.' And even makeup products play off womens' insecurities, promising to conceal perceived flaws, define cheekbones, or make eyelashes fuller and longer. The underlying message? That there's something inherently wrong with the way women look and that they have to spend time, money, and energy keeping up with all the ways they should 'fix' themselves. In GET POSITIVELY BEAUTIFUL, makeup artist Carmindy from TLC's hit program What Not to Wear shows you how to change your mindset from negative fault-finding to a positive beauty philosophy. You learn how to find and focus on your best features and how to combat negative thoughts about your appearance. Carmindy demonstrates easy makeup techniques for eyes, brows, lashes, lips, cheeks, and skin, and how to adapt looks to different weather conditions and 'beauty moods.'

## Book Information

Hardcover: 224 pages

Publisher: Center Street (October 7, 2008)

Language: English

ISBN-10: 1599951436

ISBN-13: 978-1599951430

Product Dimensions: 8.4 x 0.9 x 10.2 inches

Shipping Weight: 2 pounds

Average Customer Review: 4.0 out of 5 stars 48 customer reviews

Best Sellers Rank: #1,171,158 in Books (See Top 100 in Books) #48 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Cosmetics](#) #223271 in [Books > Religion & Spirituality](#)

## Customer Reviews

'In a perfect world, Carmindy would make house calls ...' -- The New York Times

Carmindy was raised in Southern California, where she started doing makeup fifteen years ago. Today she is the makeup artist on TLC's #1 show What Not to Wear and has appeared on The Today Show, CBS Sunday Morning, CBN, as well as in [The New York Times](#), [Cosmopolitan](#), [Elle](#), [O](#), [Glamour](#), [Self](#), [Lucky](#), [GQ](#), [Essence](#), [Details](#), [Marie Claire](#), and

InStyle. She lives in New York City with her husband.

This is a superb book for women who feel out-of-touch with beauty products, colors and trends, or struggling a little with self esteem. If you look in the mirror and think, "Why bother?" or "Where do I start? What do I do?" this is the book for you. Carmindy's advice is heavy on pep talk. It's a very positive book. She also delivers precise, clear tips (with a product list at the back of the book) for specific issues. The question-and-answer sections -- broken into sections such as eyes, skin, etc. -- are also helpful and cover a wide range of ages, skin types, and skin tones and colors. I'm a former model and now "of a certain age"... meaning over 50. While I have some "Where do I start?" issues, and her Q&A section answered several questions for me, this wasn't my favorite makeup book. (I highly recommend *The Makeup Wakeup: Revitalizing Your Look at Any Age* for anyone over 40, and certainly for 50+, 60+, and beyond.) In "Get Positively Beautiful," I really liked Carmindy's photo illustration showing exactly what makeup she carries when she travels. I also appreciated her advice for air travel, including getting on board wearing no makeup and lots of moisturizer. (I routinely do that, knowing I don't look my best at the boarding gate.) Carmindy's five-minute face advice was intriguing enough that I've ordered her book, *The 5-Minute Face: The Quick & Easy Makeup Guide for Every Woman* to learn more. My favorite part of this book included the before & after photos. One woman in that section had my coloring and style, so I learned from it. Another had my skin type (and related issues), so I learned from what I saw there, as well. All in all, I like this book but it didn't offer as many "ah-HA!" moments as I might have liked. "Get Positively Beautiful" is probably a great choice for any woman who's not sure about her looks or the best makeup to bring out her most attractive features. The "positively" part of the title is key: Carmindy is being very upbeat and positive when she assures readers that no one has a perfect face, and highlighting your best features can transform any (and every) woman. (Note: I'm not suggesting that rave reviews have come from women with self-esteem issues. It's just that -- many years ago -- having spent a lot of time in a chair, having someone create a "look" for me, to fit a specific designer or show, I've heard a lot of this before. I wanted a little more from the nuts-and-bolts side of face design.) Fans of "What Not to Wear" will practically hear Carmindy's voice in the text, and the book design is very stylish. Carmindy didn't write this book for absolutely everyone. That's always a smart decision for an author. She's speaking to a specific audience, and doing so beautifully. I don't regret buying this book, because I picked up some useful tips and encouragement. I think her "5-Minute Face" book is probably the one I'll enjoy more. But, for a little of everything, a gentle introduction to your best looks, and lots of Carmindy-ish encouragement,

"Get Positively Beautiful" is a good choice.

This book is amazing! Talk about diversity. All types of skin... light to dark. African American, Asian, Latin, Caucasian and all ages from teen to 60's! All types of face shapes and features. The models are just every day people like us. It is well written, down to earth and easily understood. I have ordered several of these books and am giving them as Christmas presents to several people and also to my friends who have pre-teen and teenage girls. A wonderful message for them and all of us who need to be positive about who we are instead thinking we have to recreate ourselves in some magazine or celebrity image. I love the fact that she gives product recommendations because it is difficult to weed through the many choices out there. I often waste money getting the wrong things. Sometimes you see her use something on the show and want to know what it is to achieve the same results. She names the affordable to very high end products so we can make an informed choice or find something similar. Also, the book layout and photography inside and out is just beautiful!

Maybe I'm being too harsh but I felt yet once again for being such a great make up artist I hope this wouldn't fall under the category of fashion/make up books where the professional artist really doesn't give you tips on doing anything. I mean it's great for someone who is just starting to like and get into make up or perhaps you haven't put on make up for a while and your jumping back into the saddle, or maybe your that woman or girl who needs to pull yourself and your confidence back up this book and other books in the (Carmindy Series) are for you. I equate this book to a level one starter book if you are truly trying to up your game on learning about make-up. I like her as a make up artist because she achieves the natural beauty look so effortlessly so I thought maybe buying this book there would be actual useful tips on how to achieve that look, but most of her answers were very cookie cutter and answers you could pull off a magazine at the bookstore, great for killing time, not very effective unless you like really listening to self-confidence gurus.

For someone new to make-up, I find that this book is a useful companion to Carmindy's 5-minute face. The most helpful part to me is seeing pictures of real people wearing make-up. I don't know if that sounds silly, but if you have never worn make-up, it really helps to get an idea of how it is supposed to look, or give you a range of how it could look -- there's never any pictures on packages to give you an idea, and my friends started to think I was getting weird staring at their make-up.

I always enjoy Carmindy on reruns of WNTW. She says things like (paraphrasing here) "Honey, you were beautiful before you sat down in my chair." I bought this book for my tween granddaughter who is curious about the world of makeup. It's full of positive messages about everyone's inherent beauty. That's good for all of us. And her message for young teens is, as I read it, wear an SPF product and use a tinted lip balm. Everything else is just for experimenting. Good advice about handling blemishes, too. Thanks, Carmindy!

I love makeup and I have bought many books on the subject. Carmindy's book is one of my favorites. Even though there are many pictures of her (she's gorgeous, I'd have my picture all over if I were that pretty too), the pictures of the real women, seem REAL women, and I am glad to see that they don't look airbrushed. In the pictures you can actually see the pores on people's skin ... you can see the texture, you can see it's real skin: pretty, evened out, yet real. In other books (like Kevyn Aucoin's books) you don't know what was achieved through makeup and what was achieved through Photoshop. Carmindy gives precise tips for your eye color, for your eye shape, for your face shape, etc. I enjoyed reading it, not only for the makeup tips, but for the "embrace your beauty" philosophy behind it. I am glad I got this book.

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