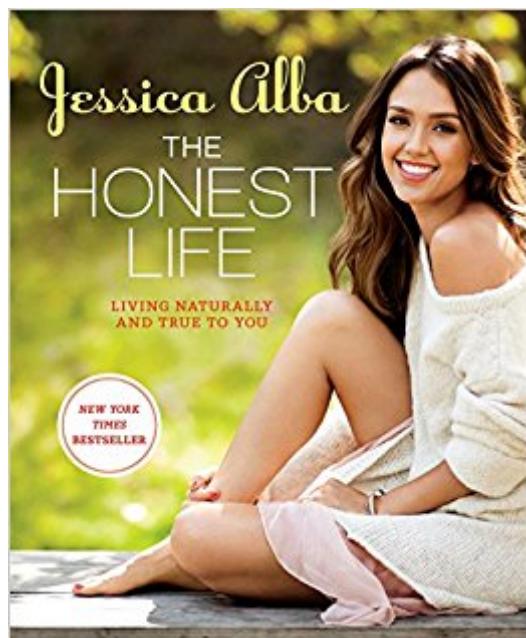


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# The Honest Life: Living Naturally And True To You



## 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 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 are true to you could be honestly life-changing.

## Book Information

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## Customer Reviews

"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.Ã¢ ¬Â• Ã¢ ¬â ¢THE ZOE REPORT.COMÃ¢ ¬Å“The Honest Life is truly something that everyone needs to read. It's an eye-opener.Ã¢ ¬Â• Ã¢ ¬â ¢Wearstrong.comÃ¢ ¬Å“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.Ã¢ ¬Â• Ã¢ ¬â ¢What Would Gwyneth DoÃ¢ ¬Å“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 lifeÃ¢ ¬Â• Ã¢ ¬â ¢InhabitotsÃ¢ ¬Å“The insights are eye-opening, the tips are helpful, the recipes look deliciousÃ¢ ¬Â•

Ã¢ ¬â ¢Toofab.comÃ¢ ¬Å“This book is not preachy or filled with lengthy scientific definitions.Ã  Â This book is friendly, smart and honest.I felt healthier, more energized and positive after just reading it!Ã  Â 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.Ã  Â I really enjoyed this book and believe I will go back to reference it often.Ã  Â ItÃ¢ ¬â ¢s a great girlfriends guide to living an eco-savvy stylish lifestyle.Ã¢ ¬Â• Ã¢ ¬â ¢Blogs.babycenter.comÃ¢ ¬Å“This book is not preachy or filled with lengthy scientific definitions.Ã  Â This book is friendly, smart and honest.I felt healthier, more energized and positive after just reading it!Ã  Â 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.Ã  Â I really enjoyed this book and believe I will go back to reference it often.

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Ã¢ ¬â ¢Movelifestyle.comÃ¢ ¬Å“I would recommend this book to anyone interested in healthy or stylish living, with this book you get both.Ã¢ ¬Â• Ã¢ ¬â ¢NATURALLYCHICLIFE.COMÃ¢ ¬Å“I wholeheartedly recommend this book to anyone who is looking for a great introduction to a greener, cleaner lifestyle.Ã¢ ¬Â• Ã¢ ¬â ¢Beautypalatte.comÃ¢ ¬Å“Features useful and affordable tips for leading a natural lifestyle.Ã¢ ¬Â• Ã¢ ¬â ¢Remodelista.comÃ¢ ¬Å“I found this book to be as great to look at as it is to readÃ¢ ¬Â|the easy-to-follow tips are real, relatable, and realistic.Ã¢ ¬Â• Ã¢ ¬â ¢Albany Times UnionÃ¢ ¬Å“The pages are filled with lots of easy to read and find information, not to mention beautiful photos and storiesÃ¢ ¬Â|this has been a great way to grab a tip or two as I need them and flag them for later.Ã¢ ¬Â• Ã¢ ¬â ¢Mommas Gone

CityÃ¢ ¬Ã“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.Ã¢ ¬Ã•Ã¢ ¬â ¢EcoChick.comÃ¢ ¬Ã“A chatty, down-to-earth guide on greening your life without compromising your styleÃ¢ ¬Ã|Alba's tips are mostly accessible and low-stress.Ã¢ ¬Ã•Ã¢ ¬â ¢The Austin American StatesmanÃ¢ ¬Ã“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.Ã¢ ¬Ã•Ã¢ ¬â ¢LiveMom.com

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.

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!!)Jessica explains that this is her way of natural living. It may not be for everyone. But everyone CAN get some very useful

information from this book. It's up to you what you choose to do with it. "No judgement! No guilt!" The breakdown of book: Introduction - Jessica explains how it all started for her - even though signs had been there all along (allergies, always getting sick and serial bouts of pneumonia, etc), all it took was a reaction to the fragrance in laundry detergent to open up the floodgates for her. Fans of Alba will find this interesting, too, as she discusses some of her early years. She also debunks the ever-frustrating rebuttal of "But we used that when we were kids and we're fine!" (Again, thank you!) Chapter 1 - Food: The basics of what eating "honest" is, what her diet entails, eating as local as possible (with some very useful links on how to), foods that are the highest in pesticide absorption, foods that resist pesticides the best, the basic lowdown about GMO's, tips on how to eat certain foods and what eating seasonally entails, cooking tips, snack ideas (especially for kids!), and the bads of plastics. She also touches on party ideas and even the subject of weight loss.

Newcomers will gain a lot of helpful information and tips from this chapter, making it feel much less overwhelming. Just remember, this is Jessica's way of living. My family doesn't eat nuts or tofu (soy), but she does and so do millions of others. It's okay to pick what doesn't work for you.

Chapter 2 - Personal Clean Care: Jessica states, "One hundred percent of women of childbearing age have detectable levels of phthalates in their system probably due to cosmetic use." Don't buy into

"hypoallergenic", "fragrance free" and "green" claims - they're still too often loaded with chemicals.

And you don't have to have allergies, rashes, or rashes to be effected. These chemicals are linked to all sorts of things from hormone imbalances to cancer. Jessica helps break down how to find the safe products. Yes, she has her own product line. But she's not pushing it on you. She clearly states there are other brands and all-natural products at your disposal. This chapter was incredibly helpful for me because, even after years of research, food has become easy, but hygiene products are still a challenge.

Chapter 3 - Make up & Beauty: Even more helpful for me than chapter 2 because safe makeup is even harder to come by and even more difficult for women to give up. Jessica breaks down the good, the bad, the ugly, and what your safe options are.

Chapter 4 - Personal Style: This chapter is less on chemicals and toxins and more on Jessica's personal style and how she picks what makes her feel happy and comfortable in her own skin. It's a fun, light chapter and will appeal to Jessica's fans much more than those reading just for clean living tips. It does touch on dry cleaning.

Chapter 5 - Your Home's Style: It's about finding a style for your home that is both minimalist and stylish, which can often be tricky. But, it offers information on safer products like carpets and paint, too. Go for real wood (vintage is even better) over fiberboard because of the difference in off gassing... It's impossible to keep everything in your home completely free of gasses. But simple tips like this can make a big difference. She breaks down the basics on how to

get the toxins out and keep them out. She also offers basic DIY cleaner recipes that anyone can do. You'd be amazed at what you can do with some vinegar, baking soda, and lemons. And, surprise! They actually work!Chapter 6 - The Baby Chapter: prepare for parenthood without losing yourself. How to take care of yourself mentally and physically, and how to gently prepare your home and nursery for your expanding family. She offers her own parenting tips and advice. It also goes into diaper options and what to do if breast feeding isn't working. And then we have the dreaded lead-in-toys issue. She even touches on how to pack and travel with kids! Very helpful, especially for new parents.Chapter 7 - Inspiration: Who doesn't need a little inspiration from time to time?! This chapter reminds you that life can get heavy and weigh you down if you don't remember to have a little fun and take time to enjoy life. How to find balance, dinner parties, make your own pizza nights, recipes for sweet treats, nontoxic art supplies, make a fun outdoor playhouse or a wall garden... She also offers a list of her top "10 Essentials for An Honest Life" which I think are simple, but absolutely brilliant and spot on.Chapter 8 - Details!: Resources!!! There's nothing worse than people who preach, preach, preach, but offer no verbs on HOW to do what they're preaching. This chapter is full of pages and PAGES of links to helpful information, products, and some just light-hearted and fun. More pages of links for where to shop and brands that offer safe alternatives. It breaks down chapter by chapter what was covered, what to do, and where you can find help, information, and safe products. Honestly, if this book could only be one chapter, it would have to be this one. Worth it just for this list of resources alone!This book is so much more than just information on ridding toxins, it's about simplifying all aspects of your life to create a peaceful, happy, healthy, and inspired environment for you and your family. If you're starting a whole life overhaul, this won't be the only book you'll ever use, but it's a great start full of all the basics. If you're just looking for a few tips on natural living, you'll find more than enough to pick through here. And if you're just a fan of Jessica, you'll like it, too, as it's got personal pictures and some details and stories from her personal life.I'm so happy to see Jessica using her celebrity to do something so helpful for people and so positive. Read her blog or use her products if you want or don't, but I highly recommend reading The Honest Life to everyone.

I pre-ordered this book as soon as i saw it was going to come out. I read very eagerly, and i liked a lot of what she had to say on nutrition, and i liked getting to see what she uses in her daily life. But a lot of it, I felt, was a bit repetitive and could probably have been condensed into a magazine article.The book is filled with pictures, which i actually quite liked. There is also a great section at the back with an index. I also liked the tips on essential oils in the home.The reason it's a 3 star for me,

is that throughout the book Jessica would seem to condemn a certain way of living but then afterwards it would be a "no judgement!" remark, and then she would go on to say something she does that's really "average joe" so she must be on the same level as normal folk - which I found to be really annoying! I also didn't find the "style" section appealing to me, and how she organizes her scarves and bracelets does not interest me. There is also a portion of the book that talks about her house being organic and that you can fill organic stuffing into couches or something along those lines, which I found to be a bit radical and makes me wonder why everyone is saying this book is so "down to earth". How many people can really and truly make their home completely organic and "clean" without quite a bit of money and time to spare? I still have the book but I've only read it once, and to me that usually means I will not pick it up again. A lot of what I read I already knew. I'm actually quite scared on leaving this review because it's against the trend. But I hope it will be of use to someone. I would say flip through it at a book store or library first, because a lot of this info you can find readily online. But it just wouldn't be packaged in a Jessica Alba binding!

If you're already kind of a health nut like me, you probably know most of the things in this book. I only bought this for those particular reasons. I'm not a huge Jessica Alba fan and if you're not then I wouldn't waste the money on this book. Also lots of advertising for her company - as I assumed there would be! But still. I enjoyed Kate Hudson's book much better.

Cannot say enough good things about this book! Like Jessica, I've been vegan at times in my life and have tried to be conscious with what I put in my body. I have sorely lacked on what to put on my body and to clean my home with. Commercial products are so mainstream that everyone uses them and we don't really think about the harm they can cause us. In trying to have a more natural approach to buying cleaning and beauty supplies, I've found it difficult to find trustworthy companies with organic ingredients. I love that this book alerts you to harmful ingredients and recommends alternatives. I finished the book within a day because it was so informative, without being too 'educationally' toned.

Once I found out I was pregnant, this was one of the first books I purchased. I enjoyed reading this book and learning more about toxins. This is a very general book, however as a first time mother this read was not overwhelming and helped me to get started leading a healthier life. During my pregnancy, what I put into my body, on my skin and surrounded myself with was a high priority because I instinctively knew it will affect my unborn child. After reading this book and trying honest

products, I was aware of an entire spectrum of chemical free products outside of this line. I definitely recommend this book to a new mother who just wants to get her feet wet and started living a toxic free life.

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