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Bella Figura 's epilogue describes how Mohammadi's first year in Florence extended into the decade that followed, and includes a list of practices for bringing self-kindness and beauty into everyday life, anywhere

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around the globe. The first, and perhaps simplest, is to drink a spoonful of high-quality extra-virgin olive oil four times per

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[Bella Figura: How To Live Like An Italian | ITALY Magazine](#)

Editorial Reviews. This book is my ideal type of armchair travel: immersive, insightful, seductive. In *Bella Figura*, Kamin Mohammadi takes us to the year in Florence that changed her life, and gives us the tools to bring the grace of the Italian lifestyle to our own

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lives.It's a reminder to slow down, look around, taste, listen, and to open ourselves to new possibilities." —Stephanie ...

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Bella Figura: The Art of Living, Loving, and Eating the Italian Way User Review - Publishers Weekly. In this charming hybrid of self-help and memoir, journalist Mohammadi (The Cypress Tree) relates a journey that began 10 years ago when she left her frazzled and unfulfilling life in London for a year

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Kamin Mohammadi's Bella Figura: How to Live, Love and Eat The Italian Way is part "how to" manual, part cookbook, part travelogue, part memoir and it will give you seriously itchy feet. From the publisher: Kamin Mohammadi, a magazine editor in London, should have been on top of the world. But after heartbreak and loneliness, the stress of ...

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La Bella Figura is a lifestyle guide for the woman who aspires to live a European-style life filled with simple pleasures and wants to look good while she does it. It is about making your life richer with less, not more, just like European women do.

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