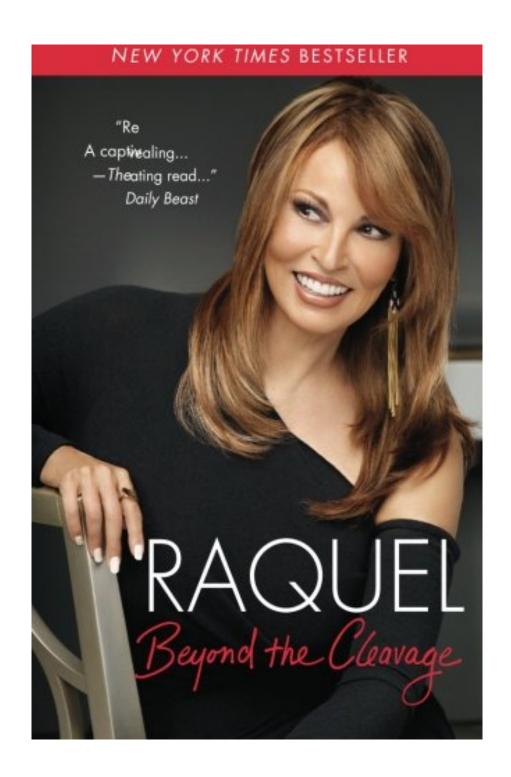


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### About the Author

Raquel Welch is an award-winning film, television, and stage actress. She has starred in more than 45 films, including One Million Years B.C., The Three Musketeers, and Legally Blonde, as well as the Broadway hit musicals Woman of the Year and Victor Victoria. She is the author of Raquel: The Raquel Welch Total Beauty and Fitness Program, an Icon Face of M.A.C. Cosmetics, and the current spokesperson for the Foster Grant eyewear. She lives in Beverly Hills.

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When you are rushed of job deadline and also have no suggestion to obtain motivation, **Raquel: Beyond**The Cleavage By Raquel Welch book is one of your solutions to take. Book Raquel: Beyond The Cleavage
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In Beyond the Cleavage, beauty icon and award-winning actress Raquel Welch talks, woman to woman, about her views on all that comes with being a member of the female sex. And, with the luxury of hindsight and benefit of experience, she has plenty to share, speaking her mind freely on the subjects of love, style, health, body image, career, family, forgiveness, aging, sex, and coming of age.

Raquel invites readers to look back on her life, from her childhood dominated by a volatile father; her first love, marriage, and divorce; her early struggles as a single working mother in Hollywood; her battles for roles and respect as an actress; and her daring decision never to lie about her age. Looking forward, she offers women a compass to guide them at every crossroad of life, from menopause through the empty-nest years, to dating younger men and beyond.

Deeply personal (Welch wrote every word herself--no ghostwriter), Beyond the Cleavage is Raquel Welch's gift to every woman who longs to look and feel her best, and be at peace with herself.

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Surprisingly Good!

By yeqotz

I never expected to enjoy Raquel, Beyond the Cleavage as much as I did. Once I started reading it, I couldn't put it down. Who knew that Raquel Welch possessed such an engaging and entertaining writing voice? Apparently, her editors had a clue. And how brilliant for her to stick to a subject for which she has such obvious credibility: aging and beauty.

This book delivers a beautiful, bright, and mature woman's perspective on such topics as yoga, menopause, plastic surgery, makeup, style, and relationships. It's not earth-shattering, expert, or wholly unique material, but it does provide a refreshing personal take on what it means to be a middle-aged or older woman in America today.

I will say that her publisher did her one disservice: using the subtitle, Beyond the Cleavage. It may lead people to assume that the book is just another ghost-written memoir about a sex symbol, when it is, in fact, a self-composed collection of Ms. Welch's valuable thoughts and experiences. I intend to give my mother a copy for Mother's Day this year.

22 of 22 people found the following review helpful.

Excellent Read for the Inquiring Woman!

**By ETOILE** 

The read is Excellent/Very Good. The book is a straightforward talk to women that allows you to get acquainted with Raquel the person. The advice is sincere. It is a fun read. The health and beauty advise is valuable from an expert. The talk about hormones is helpful. The pictures are interesting but what I was hoping for was more updated pictures of Raquel's children - these pictures are the same as her exercise book from 20 years ago. Also, there are far better pictures of her from her collection than she chose. The pictures were otherwise good overall. She doesn't dish much gossip out on her leading men - taking the high road, but this could have been of some interest to the reader. The tips for aging well are worthwhile. I bought the Frownies upon her recommendation to relax my face muscles. I don't even use them much, but I see the instant difference. The vitamin recommendations and diet tips are also very good. Raquel lets women know about how women used to communicate, how they communicate now and how to better do so as women should in society. She has also established her spirituality and her religion again which is refreshing. What is so upsetting is that when I watch an old movie of Raquel's, I realize how much ahead of her time she was and how Hollywood did hold her back from using her for her real potential. Some people think she is just complaining - but she was the first sex symbol to do outdoor activities, such as riding a horse but she was knocked back then as being unfeminine - not athletic and progressive. Then, she kept her heritage under wraps until she was established. Her natural beauty and her attractiveness came from being multicultural but her natural attributes were questioned instead of being accepted as real. She had a minor role in Bedazzled but well-remembered- but look today, how Elizabeth Hurley had the starring role in the remake and nobody remembers the remake movie! Raquel was considered an aging sex symbol (People Magazine) that needed to find a plan what to do at 34 in 1974- but look at Sharon Stone becoming a sex symbol at 34 in 1991. There should be some type of award Raquel Welch should receive from Hollywood and a great new movie role to end all roles. Raquel is so much more refreshing than than Marilyn Monroe. Raquel is as much as a woman's woman to be a mentor to all of us, not just a sex symbol for men to look at. So many actresses have done the Raquel Welch style today - from Elizabeth Hurley to Cindy Crawford - to Angelina Jolie- to Hillary Swank, etc. They can pose in a fur bikini, get exotic, etc. but they can't hold a candle to the Raquel Welch - the icon and the woman! Raquel starred in her own spy movies and roller derby flicks, as well as spaghetti westerns! She was great at serious television movie roles, comedy, foreign films, dancing and singing on stage shows including Broadway, NYC. Raquel is feminine but a woman's libber before her time. She has allure, style and great insight. Read the book!

38 of 42 people found the following review helpful.

She Is Woman Hear Her Roar

By prisrob

Who would have guessed that Raquel Welch was a woman of the day? A woman who is not afraid to speak her mind, but one who does not step with the masses. She has a 'thing' about the sexuality of today, but she is not a prude. She believes that women should be feminine and that is her right, she has earned it.

Most of us know Raquel as the sex symbol and actress, and that is how her career was born. She wanted to be a serious actress, but her beauty got in the way. She never really accepted that, but she did learn to stand for her rights. She was never in a nude scene and her career may have suffered for that, at least that is what her agents told her. Raquel lived in California most of her life and married at a young age. She had two children and she says that first marriage was the best of her four. At some point the marriage went awry, and Raquel went to Hollywood and starred in her first film. The famous scene of Raquel in a tattered bikini of sorts chasing prehistoric monsters. She moved on to 47 films and had a wonderful career. Her two children were left with nannies, and it took time for Raquel to make that up to her children. It was not until she was in her later years that they became a close family. She has friends and family and if a man comes into her life that will be OK, but she is not out looking.

Raquel gives us a of minefield of beauty information that is quite helpful. Eye and face pads that help with wrinkles. Skin care dos and don'ts, and the regime that she uses every day to maintain her youthful skin and appearance. She talks about clothes and dating and looking your age. Raquel is into healthy eating and exercise, she has been her entire life. She found Yoga to be a particular good form of exercise, and for those of us who have arthritis, she suggests yoga to help with painful joints. Raquel should have her own line of skin care, she would be the most informative of representatives. She is a great role model, although I don't think she wants to be in that role. She could be a real mentor to many of the young and older women of today. She has good common sense and the ability to convey that advice with a down to earth attitude. I am quite impressed with this book and Raquel as a woman. Raquel lives her life according to her morals and standards, and she is 'Woman Hear Her Roar'!

Recommended. prisrob 04-01-10

Raquel Welch Collection (One Million Years B.C. / Bandolero! / Myra Breckinridge / Mother, Jugs & Speed / Fathom)

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