

DOWNLOAD PDF KAREENA KAPOOR STYLE DIARY OF A BOLLYWOOD DIVA

Chapter 1 : The Style Diary of a Bollywood Diva - Kareena Kapoor - Google Books

*The Style Diary of A Bollywood Diva [Kareena Kapoor] on calendrierdelascience.com *FREE* shipping on qualifying offers. Dress like a star, get that supermodel body, and learn to treat your man like Kareena does! Kareena Kapoor was born to be a superstar!*

My love and other stories Kareena Kapoor: My love and other stories Last updated on: From a chubby young starlet with a famous surname to a size zero siren to a doting wife who married into royalty, actress Kareena Kapoor has recounted the journey of her life and the evolution of her style in detail in her book *The Style Diary of a Bollywood Diva*. Here, in a second excerpt click here for Excerpt I from the book, she discusses how she fell for Saif Ali Khan and how they keep the spark burning in their relationship: Tashan bombed but it gave me my two biggest hits: Size 0 and Saif. We do have a ten-year age gap! But what instantly drew me to him was his sense of humour and love for adventure. Which is so not true because he was flirting with me quite shamelessly but in a unique way. A few days later, we went on a motorcycle ride through the countryside. I think I surprised him by asking if I could go along. He kept checking me out in the rear-view to see if I were enjoying or freaking out. It was tough to keep a straight face when my head was full of images of us plummeting down a sharp slope! Ladakh is the perfect place to fall in love, and that ride was the moment we both realized we had more in common than we thought. Soon, we were spending all our time together, shopping for wooden boxes that Saif is obsessed with or hunting for Chinese food to satisfy my craving. By the second schedule in Jaisalmer, everyone knew that something special was afoot. When the media found out, it made headlines. The minute people realized we were dating, their only question was: Then Saifeena was born. I genuinely want to meet the person who invented this term and ask him or her -- WHY? I never wanted to be one of those couples without separate identities. But, with time, I learnt how to ignore it. Excerpted from Kareena Kapoor:

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Chapter 2 : Download The Style Diary of a Bollywood Diva ebook {PDF} {EPUB} - Video Dailymotion

In The Style Diary of a Bollywood Diva, the ultimate glamour girl lets you into her fabulous life. She reveals her best-kept secrets Dress like a star, get that supermodel body, and learn to treat your man like Kareena does!

Wednesday, February 13, , She introduced the size-zero diet and made it immensely popular in the country. Her style is a trend that is copied by millions of women. One of the highest paid actress of Bollywood and glamour queen talks about her personal life in Style Diary of a Bollywood Diva. The book has revealed her personal life and secrets that were not known to anyone. The book begins with a regular middle-class lifestyle of Kareena Kapoor in South Mumbai. Her book is divided into two sections. When you flip into the pages of the book, you can find out details of Kareena, her style, fitness regime, career and her relationship with hubby, Saif Ali Khan. The "body basics" explains how Kareena or Bebo transformed from the chubby actress to the size-zero style diva. Want to know the confessions made by the style diva, Kareena Kapoor Khan in her book? Check out the 7 confessions of the actress. Kareena has confessed that she loves online shopping. Net-a-porter, Shopbop, Bergdorf Goodman, she has shopped at all! If you think that celebs are extremely hygienic then let me tell you, Kareena Kapoor has confessed in her book Style Diary of a Bollywood Diva that she loves to wear jeans for one month. In the pages of her book, Style Diary of a Bollywood Diva, Kareena has revealed her secret affection towards makeup. Kareena wanted to be a lawyer: This is one of the biggest confessions of Kareena Kapoor. The self-obsessed and flamboyant glam diva wanted to become a lawyer. Although, she used to accompany her sister Karishma to the sets, Kareena never dreamed of becoming an actress. Affection towards Fab India kaftans: Kareena has been recently affectionate towards kaftans from Fab India. The loose fitting kaftans are comfortable for her. But, her hubby Saif and mother kept running behind her to make Bebo change into something more fitting. A little granny-auntyish, but I just love how comfortable they are. These are the 7 confessions of Bollywood glam diva, Kareena Kapoor Khan. If you are a die-hard fan of Bebo, you would love to read the gyans on fashion and fitness in her book, Style Diary of a Bollywood Diva.

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Chapter 3 : The Style diary of a Bollywood Diva by Kareena KapoorFaux Pas

The Style Diary of a Bollywood Diva - Kindle edition by Kareena Kapoor. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading The Style Diary of a Bollywood Diva.

I only meant that shoes do more for your look and body than bags do! Its unarguable that the right shoes can really add elegance to an outfit, and to the person whos wearing them. Take a pair of high heels, for instance. Suddenly, youre looking taller, shoulders back, body curved. Theres an extra sexiness to your movement, provided youre not tottering around in heels that are too high and uncomfortable, of course. You begin to walk with a grace and poise that will definitely get people to sit up and pay attention. Men may not notice what shoes youre wearing, but theyll certainly notice you in them. This I know for a fact. Bags, on the other hand, are just arm candy to make other women jealous. Saif often jokes that if our apartment ever catches fire, before looking for him, Id probably be trying to save my shoe collection. But hes one to talk! I, on the other hand, knock mine off at the door and forget about them. Hoarding footwear. Shoes were the one thing I collected obsessively, even when I was a teenager. Back then it was nothing fancy. Id get just as excited about finding a really cool pair of chappals on Linking Road as I get today about my Galliano boots. All that matters is that its now yours. Down to size zero. In , my life changed forever. I signed on Tashan, a full-on glamorous masala movie, with two of the hottest and fittest actors around: Akshay Kumar and Saif Ali Khan. And me, rising out of the sea like a Bond girl, wearing nothing but a green bikini. I had nightmares of how my love handles would be on display for the whole world to see. Rujuta Diwekar, fitness consultant, stormed into my life like a whirlwind. We met and chatted for a bit, and I signed up for her weight-loss programme. The next thing I knew, she was in my house, discarding my stash of banana chips, chocolates and french fries. Even my secret loot hidden on the top shelf. But oh my God, the first class was pure torture. Yoga may look peaceful and calming, but even Arnold Schwarzenegger would have trouble breathing after twenty surya namaskars in a row. Payal Gidwani, yoga consultant, had to physically lift my legs into the asanas and help me balance because I felt so heavy. I shot the now-famous bikini scene and I must admit I was a bundle of nerves! But soon the shot was ready, the film was complete and the promos hit the screen. The very next day my photos were all over every newspaper, magazine, TV channel and website. And everybody seemed to love the new me! It felt like the whole nation was tuned in to my weighing scale, and they were tracking my calorie count like it was the Sensex. Thats when it hit me. I had officially become Kareena Size Zero Kapoor. This was around the time that I began shooting for 3 Idiots with one of my favourite directors, Raju Hirani. One day while we were on sets, he took me aside and gave me an order: He pointed out that since I had lost so much weight, my face was looking too sharp and angular on screen. Instead of looking like the cute, spontaneous college girl I was supposed to be playing, my face was making me seem harsh and mature. I had no choice but to listen. After all, this was the same man who cast me opposite my favourite actor, Aamir Khan. Saif, who has always been my voice of reason, was also concerned that I had become too thin. Or in his exact words, Youre looking like a twelve-year-old boy. He isnt a subtle one! Two of the most important men in my life at that time wanted me to gain weight. Plus, I had proved my point, hocked enough people and been the cause of one too many debates on skinny VS anorexic. I had made my decision: I was going to put on weight. Peanuts. Cheap and available throughout the year, this is one action-packed nut! They are high in Vitamin B, protein and essential fats. Eat them as a midmeal snack and youll discover smoother skin. Man power. Tashan bombed but it gave me my two biggest hits: Size 0 and Saif. Id always thought Saif was one of the best looking men ever but we werent friends till we started working on this movie. We had a casual hi, bye relationship, as hed been Lolos co-star earlier. We do have a ten-year age gap! We were shooting in Ladakhs blistering summer and the posh prince of Pataudi was melting. Hed complain constantly while Akki and I tried to distract ourselves. But what instantly drew me to him was his sense of humour and love for adventure. If you ask him, hell say I made the

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first move! Which is so not true because he was flirting with me quite shamelessly but in a unique way. His first compliment to me was, I like the colour of your car. It isn't very girly. When a guy remembers the colour of your car, ladies, he's been keeping an eye on you! A few days later, we went on a motorcycle ride through the countryside. I think I surprised him by asking if I could go along. He kept checking me out in the rear-view to see if I was enjoying or freaking out. It was tough to keep a straight face when my head was full of images of us plummeting down a sharp slope! Ladakh is the perfect place to fall in love, and that ride was the moment we both realized we had more in common than we thought. Soon, we were spending all our time together, shopping for wooden boxes that Saif is obsessed with or hunting for Chinese food to satisfy my craving. By the second schedule in Jaisalmer, everyone knew that something special was afoot. We had to be incredibly patient and open to the others' quirks. Saif had never dated a working actress before, especially one ten years younger to him. I'd never dated someone who had kids. Gaining their trust and becoming their friend was a novel experience for me too. Luckily, Sara, Ibrahim and I got along brilliantly. As Saif says, Sara and I connect on a chick level. Saif says that he knew our relationship was real when we first visited his ancestral home in Pataudi and he saw me, a die-hard city girl, feeling perfectly at ease in the old palace. That's when he realized that I had understood and connected with the most important part of him. Like any couple, we've made compromises.

Chapter 4 : Kareena Kapoor: My love and other stories - Rediff Getahead

Kareena Kapoor Khan, most popularly known as Bebo, is one of Indian film industry's most successful actresses. Daughter of actors Randhir Kapoor and Babita, acting flows in the family and for Kareena, it was no exception.

Chapter 5 : Kareena Kapoor releases style diary

Kareena Kapoor - The Style Diary of a Bollywood Diva with Rochelle Pinto book review: A mind-numbing read. When you read the title of the book, you expect Kareena Kapoor to blow you away with.

Chapter 6 : The Style Diary of a Bollywood Diva (ebook) by Kareena Kapoor |

Anyway, I finished reading 'The Style diary of a Bollywood Diva by Kareena Kapoor'. I finished reading it on one sitting. Not that it was a super awesome book but it was a pretty average book and I could flip through the pages pretty fast.

Chapter 7 : Kareena Kapoor releases style diary | books | Hindustan Times

In The Style Diary of a Bollywood Diva, Kareena recounts what it was like for her to visit her sister Karisma on the sets of her movies and meeting superstars like Aamir & Salman!

Chapter 8 : Kareena Kapoor At Her Book The Style Diary Of A Diva Launch

Kareena Kapoor graced the launch of 'The Style Diary Of A Bollywood Diva', a book in which the actress talks about her transformation from a chubby girl to an ultimate diva. Kareena talks about.

Chapter 9 : Kareena Kapoor 'The Style Diary of a Bollywood Diva' - Video Dailymotion

These are the 7 confessions of Bollywood glam diva, Kareena Kapoor Khan. If you are a die-hard fan of Bebo, you would love to read the gyans on fashion and fitness in her book, Style Diary of a Bollywood Diva.