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# Raquel: Beyond The Cleavage



## Synopsis

Part autobiography, part personal philosophy, and full of practical advice for women of all ages, *Beyond the Cleavage* is a book that skimps neither on entertainment nor on good plain advice. She didn't hatch out of an eagle's nest, circa One Million Years B.C., clad in a skimpy fur bikini. She didn't aspire to fame as a sex symbol. Yet, for many years after making her Hollywood entrance as every man's fantasy, Raquel Welch was best known for her beauty and sex appeal. A private person, she allowed people to draw their own conclusions from her public image. Now, Raquel Welch is ready to speak her mind. And, with the luxury of hindsight and the benefit of experience, she has plenty to share about the art of being a woman--even men will find it enlightening to read about what makes her tick. In *Beyond the Cleavage*, Raquel Welch talks, woman to woman, about her views on all that comes with being a member of the female sex--love, sex, style, health, body image, career, family, forgiveness, aging, and coming of age. Looking back on her life, she lets women in on 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. Along with bringing baby boomers into her confidence--she offers essential tips for staying motivated and positive past fifty, as well as divulging her secrets for fabulous hair and makeup--she even talks to today's younger generation of women about the importance of carrying themselves with dignity and self-respect. With warmth, humor, conviction, and honesty, Raquel reveals her approach to preventative aging, her life-changing commitment to yoga, her recipe for eating right, her skincare regimen, her flair for fashion, and much more. 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.

## Book Information

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## Customer Reviews

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.

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 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.

Beyond the Cleavage is loads of fun. As you read the book, you can't help but feel you are sitting in Raquel's sunroom chatting over coffee. She makes everything so personal and you really feel as if you were right by her side during the ins and outs of her four marriages, her early acting career and her trials and tribulations of being a successful actress while trying to raise two small children. While she divulges many personal and somewhat private things about herself-- including a page devoted to the various famous men in her life--when it comes to the "staying young" remedies she discusses, you can never quite tell if she has tried some of the more dramatic ones such as cosmetic surgery, Botox and breast implants. But, she does offer a lot of pros and cons on each and sort of leaves it up to the reader to imagine whether or not her knowledge is purely academic or personal. Let's face it, one look at her picture on the book cover tells us whatever she has or hasn't done, it's all worked extraordinarily well. I mean, just look at her! She is absolutely gorgeous and 70 years old, to boot! The book is full of fun little anecdotes of episodes throughout her life. I loved the chapters about her life as a young girl. She was the eldest of three children, with a very sweet mom and an uber- domineering father who invoked fear in the entire family. One day, she discovered an ability to finally stand up to him, which set her free to later learn to love and even perhaps understand him. Her knack for acting began at a very young age, as she often put on plays in the garage, complete with costumes and makeup. I found it fascinating that Raquel Welch is one of the small contingent of Hollywood conservatives, who believes in individual responsibility and personal freedoms.

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