



The Mates, Dates Guide to Life, Love, and Looking Luscious

Cathy Hopkins

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Time for a lifestyle makeover?

The Mates, Dates girls will show you how!

Four super-tight friends dish their secrets for dealing with life's little dilemmas...

Like boys, for start: what they want, where to find them, how to be a great kisser -- you know, all the really important stuff. Once you snag that dreamy guy, the girls deliver the fashion 411 to keep you looking irresistible! But being a glamour goddess can sometimes get stressful, so there are plenty of tips on how to relax and hang out with your closest friends.

From creating the perfect bedroom, to spicing up your own personal style -- here's an exclusive ticket to a more fabulous you! Just between mates...

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