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a friend and how she coped with no job,
being unable to speak Italian, learning how
to cook Italian food and how to live the
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Page 10/36

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Kamin Mohammidi 's book Bella Figure is a wonderful read. This is an autobiographical account of Kamin ' s transition to being in a top position in London to arriving in Florence courtesy of a friend and how she coped with no job, being unable to speak Italian, learning how to cook Italian food and how to live the

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Bella Figura: How to Live, Love and Eat
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In her new book, *Bella Figura: How To Live, Love, And Eat The Italian Way* (Knopf), Mohammadi tells the story of how, ten years ago, she lost her job working for a major magazine in London and spontaneously decided to take refuge

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And Eat ' The Italian Way
in a friend ' s empty apartment in
Florence. Arriving on a rainy January
evening, depleted and dowdy after years of
office-dwelling, she nursed her wounds
among Florence ' s monuments, cafes,
and people, slowly recovering her vitality
with the help of new Italian ...

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At once lyrical and practical, Bella Figura shows us how to make every aspect of life as beautiful as it can be. From how to choose the perfectly ripe tomato to how to walk down the street in style, Kamin

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Mohammadi explores the intricate nuances of Italian culture, and sets down a simple guide to a better, more elegant – and ultimately more satisfying – life.

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Bella Figura: How to Live, Love and Eat
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Bella Figura: How to Live, Love & Eat the
Italian Way. Written by Annabel

Published on April 27, 2018 in Reviews.

Page 19/36

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Never before have I enjoyed one of these style of books – a sort of biography, lifestyle and self-help book in the form of a novel. However with Bella Figura by Kamin Mohammadi I was drawn in from the first page.

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Bella Figura: How to Live, Love & Eat the
Italian Way ...

Bella Figura was a wonderful book! It gave me the right Italian vibes before going to Rome and Florence:-). I fell in love with Florence five years ago and since that it was my biggest dream to go there. And this year the dream came true. This book

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helped me to understand more the Italian culture and to learn how to live the Bella figura lifestyle.

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We ' d
love your help. As in most books in which
the author goes to live in Italy, the country
is presented as a completely life-changing
place. Reviewed in the United States on
December 28, 2019, Such a sumptuous
and inviting tale. In, Kamin Mohammadi
was born in Iran in 1969 and was exiled to

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Bella Figura. How to Live, Love, and Eat
the Italian Way. Published By:

Bloomsbury Publishing. One woman's

Page 24/36

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story of finding beauty, and herself — and a practical guide to living a better life, the Italian way! Kamin Mohammadi, a magazine editor in London, should have been on top of the world. But after heartbreak and loneliness, the stress of her "dream life" was ruining her physical and mental health.

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kamin mohammadi

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the Italian Way by ...

Page 29/36

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This is the bella figura, the Italian concept of making every aspect of life as beautiful as it can be, that Kamin Mohammadi discovered when she escaped the London corporate media world for a year in Italy. Following the lead of her new neighbors, she soon found a happier, healthier, and more beautiful way of living. The bella

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Figura: How to Live ...

In 2008, Kamin Mohammadi found
herself worn down - by the increasingly

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And Eat The Italian Way
unrealistic expectations of her high-flying job in the magazine industry, by her fluctuating weight and health issues, and by her non-existent love life. Made redundant from her job, she fled the bleak streets of London for a friend's sun-dappled apartment in Florence. There, among the cobbled streets, the bustling,

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Bella figura : how to live, love and eat the Italian way ...

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