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How to Be a Glam-Granola Girl



What do you get when you cross a glamour queen with a granola girl? Wendy Roy, author of the new book "[You Know You're a Glam-Granola Girl If...](#)" says that is exactly what she is - A Glam-Granola Girl.

Wendy also feels that there are many others like herself. Women who delight in being beautiful, feeling sexy, and also have a deep respect for nature and the environment.

Wendy recently read [my article on natural cosmetics](#), and we've had a number of chats through e-mail. She seems like a chronic overachiever - singer, composer, author, entrepreneur, instructor, you name it. She's even sung at Boston's Fenway Park regularly and composed a song that was sung on Idol, South Africa. Amazing woman!

But you might be most interested in her book. Published just in time

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for Christmas, her book "celebrates the glamorously earthy ladies of the world."

The book costs \$14.95 and is available from Wendy's Website. [Click here to order.](#)

Here's a quote from Wendy on what a Glam-Granola Girl really is:

We are ultra-stylish in appearance, yet comfortable in our shoes, and our skin. We encourage ecological responsibility, and promote inner peace, as we understand that this is from where external peace grows. We are the ladies who break all molds, and feel elated by, and proud of it.

We are intelligent, we are women of substance, and we are quite extraordinary, actually.

We are Glam-Granola girls.



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