



# Cámbiame: Atrévete a cambiar por fuera para cambiar por dentro (Spanish Edition)

*Varios autores*

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**Descubre todos los entresijos de *Cámbiame*, el programa estrella de Tele 5 que mejora la autoestima: los estilistas, los looks al detalle y los cambios más sorprendentes.**

**Y aplica tú mismo los trucos y consejos de los *coaches*.**

«Necesito que me tomen en serio», «No quiero parecer un vagabundo», «Quiero ser una estrella del Pop»,  
«Necesito dejar de ser un adefesio»...

Estos son algunos de los sueños que pretenden hacer realidad los aspirantes de *Cámbiame*, el programa de cambio de imagen de Tele 5 presentado por Marta Torné. Los artífices de la transformación son los expertos en moda y *cool hunters* Pelayo Díaz, Cristina Rodríguez y Natalia Ferviu, capaces de profetizar las tendencias y los *must have* de la próxima temporada.

Gracias a este libro ahora podrás aplicar tú mismo todos los trucos y consejos de los estilistas sin tener que pasar por la temida cinta transportadora. Los mejores cambios de look de los expertos están recopilados aquí, con detallados paso a paso, para mejorar la vestimenta, el peinado o los complementos.

Aprenderás que la actitud que proyectas en los demás, el potencial que ocultas y tu personalidad son determinantes para potenciar al máximo tu imagen y conseguir todo lo que te propongas. Con *Cámbiame* vas a sentir la magia de un estilismo profesional que te cambiará por fuera y por dentro.

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