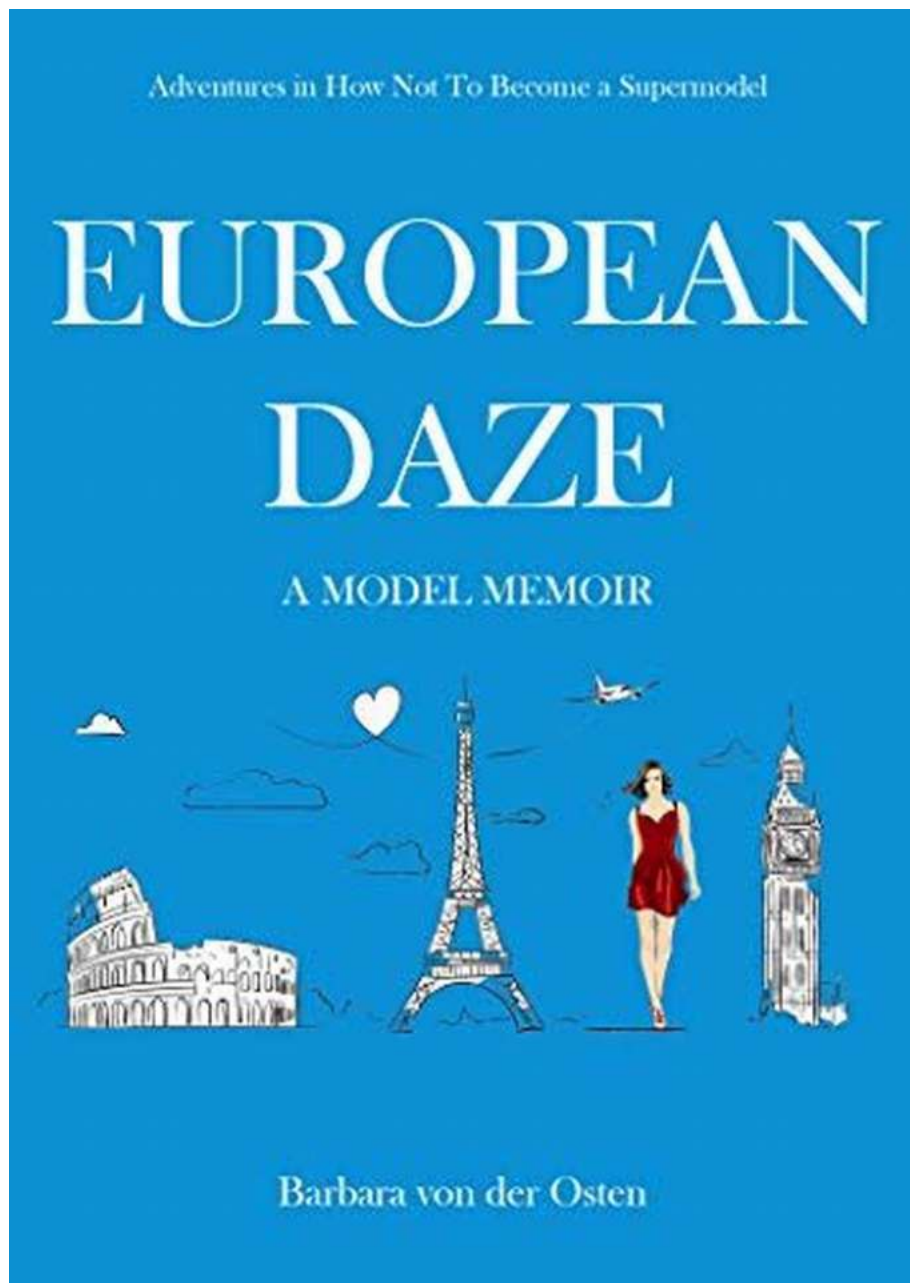


Adventures in How Not To Become a Supermodel



Are you dreaming of becoming a supermodel? Dream big, they say. However, in this article, we will take you on a thrilling adventure to explore the flip side of the glamorous world of modeling. Join us as we delve into the experiences and lessons learned along the journey of how not to become a supermodel.

The Perfect Dream

Many young boys and girls grow up idolizing supermodels, envisioning a life filled with fame, fortune, and luxurious lifestyles. The fashion industry has always painted a picture of perfection, tantalizing us with images of stunning individuals walking down runways, gracing the covers of magazines, and endorsing prestigious brands.



European Daze: A Model Memoir: Adventures in How Not To Become a Supermodel

by Barbara von der Osten (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 7628 KB

Print length: 440 pages

Lending : Enabled



The Harsh Reality

However, behind the glamorous facade, lies the untold stories of countless aspiring models who faced rejections, setbacks, and harsh realities. Becoming a supermodel is not as easy as it seems. It requires dedication, resilience, and a strong will to overcome obstacles.

Lesson 1: Embrace Individuality

In a world obsessed with perfection, it is essential to embrace your unique qualities. Successful models have learned to celebrate their differences, turning what some might perceive as flaws into their distinctive strengths. Remember, being memorable is far more valuable than fitting a conventional beauty standard.

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EUROPEAN DAZE

A MODEL MEMOIR



Barbara von der Osten

Lesson 2: Health over Appearance

Contrary to popular belief, being a supermodel requires a focus on health rather than achieving the perfect appearance. Crash diets, extreme workouts, and unhealthy lifestyle choices can have long-term detrimental effects on both physical and mental well-being. Learn to prioritize your overall health and well-being above the pressures of the industry.

Lesson 3: Persistence Is Key

If there's one thing that sets successful models apart, it's their persistence.

Rejections are common in the fashion industry, even among those who eventually make it big. Learn to turn setbacks into motivation, constantly refine your skills, and keep pushing forward. Remember, it only takes one opportunity to change your life.

Lesson 4: Develop Professional Relationships

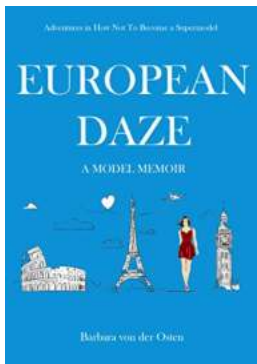
The journey to become a supermodel is not a solo expedition. Building strong relationships with agents, photographers, and stylists is crucial. These professionals have the experience and connections that can open doors for aspiring models. Surround yourself with a supportive network that believes in your potential.

Lesson 5: Embrace the Journey

Becoming a supermodel is not just about the destination; it's about the adventure itself. Embrace the ups and downs, cherish the memories, and learn from every experience. Each audition, photoshoot, and fashion show has something valuable to teach you. Enjoy the journey, and success will naturally follow.

The path to becoming a supermodel may be challenging, but it is an adventure worth embarking on. By embracing individuality, prioritizing health, persisting through setbacks, building professional relationships, and cherishing the journey, you can navigate through the pitfalls and potentially achieve your dreams.

So, are you ready to embark on this exciting adventure of how not to become a supermodel? Let's dive into the world of modeling, unearthing valuable lessons that will shape your perspective and help you carve your own path to success.



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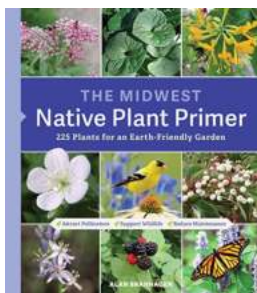
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When Barbara von der Osten flies to New York City to attend open interviews at modeling agencies, more in support of her new friend Maria than the desire to model, she stumbles into a contract and soon enters the fast-paced world of fashion. Before she can learn the ropes, her agency sends her off to Europe to gain experience and add magazine tear sheets to her portfolio. As Barbara immerses herself in the modeling world, she quickly learns the brutal truth of how it works. European Daze is an insightful and revealing coming-of-age memoir, showcasing the world of modeling in the mid-1980s and one of the hundreds of models enmeshed in its folds.



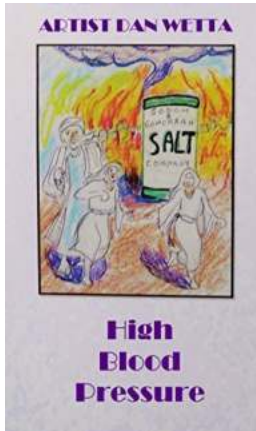
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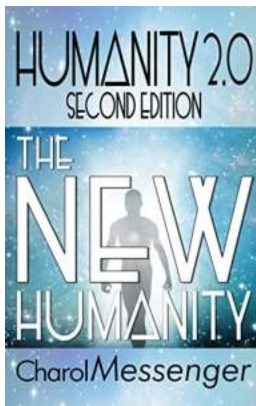
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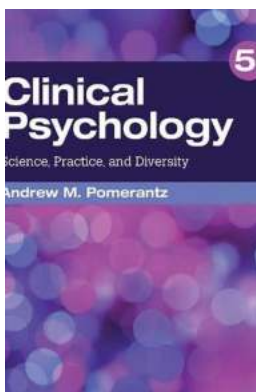
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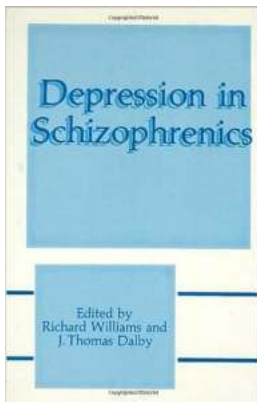
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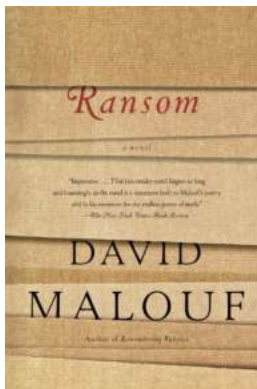
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