

If you have ever thought about becoming a model or know someone interested in modeling, Jeff Monroe's book will help guide the way.

Jeff's highly informative book, **A GUIDE TO MODELING**, tells you:

- * What it really takes to become a successful model
 - * What to be aware of when beginning to pursue a professional modeling career
 - * How to enter and excel in the field of modeling without wasting time and money
 - * The definitions to 65 frequently used modeling vocabulary words
 - * Some warning signs to help avoid spending thousands of dollars on modeling scams
 - * The realities about modeling schools and scouting conventions
 - * The truth about star search competitions and Internet modeling agencies
 - * The best way to get your child involved in modeling
 - * How to prepare your child to deal with temporary setbacks and rejection
 - * Many excellent techniques for staying positive and motivated while pursuing your modeling goals
 - * Step-by-step instructions on how to pursue becoming represented by a legitimate agency
 - * What to keep in mind when signing modeling contracts
 - * The best way to organize your modeling portfolio book
 - * How to make the most out of open calls, go-sees, castings and bookings
 - * Great ways to practice for potential modeling jobs
 - * The contact information to over 200 modeling agencies located in the U.S. and around the world
 - * When you are ready to model outside your local market
 - * Some valuable traveler safety tips when on modeling jobs
 - * The names and numbers to many beneficial services used while modeling
 - * Proper maintenance of your physical beauty on and off the set
 - * Useful facts regarding nutrition and suggestions for making healthy eating habits a lifestyle
 - * The key to fitness by investing in the MY MODEL BODY® Game and Personal Training sessions
 - * How to manage your money to ensure financial security
 - * Some great goal setting tips that can be used in all aspects of your life
 - * How to make the most out of your modeling experience
 - * The secret to having a long-lived modeling career
- ...and much, much more!

Jeffrey D. Monroe is a professional model who has nearly two decades of experience within the industry. He is represented in many cities around the world by some of the most famous and prestigious agencies. Jeff established his company, **JDM Productions**, in 1999 to provide interested individuals with the most affordable and effective ways to get positive results. This valuable information allows adults, teens and children the opportunity to be educated on modeling and well-being to help turn their goals into reality!

To learn more about Jeff Monroe and JDM Productions, log on to:

www.jeffmonroe.com

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