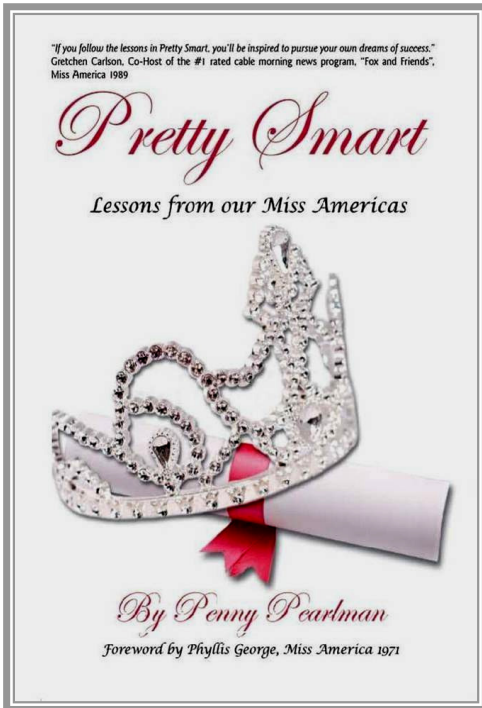


Beauty + Brains = *Pretty Smart: Lessons from our Miss Americas*



It takes more than just being smart to achieve success. So if being smart isn't enough to bring the world to your door, then what is? Being *pretty smart* helps – that is, having passion, commitment, resilience and a firm belief that you can achieve your dreams. Penny Pearlman, author of *Pretty Smart: Lessons from our Miss Americas*, shares the insights gleaned from interviewing twenty-two former Miss Americas who are not just pretty, but pretty smart, about how they pursued their passions all the way to professional and personal success.

With their thoughtful intelligence and eloquent poise, these women shatter the myth that the pageant is “only a beauty contest” and prove that it takes more than a pretty face to achieve a goal.

Pearlman captures the lessons derived from the personal struggles and triumphs of these beautiful-from-the-inside-out women including Lee Meriwether, Mary Ann Mobley, Phyllis George and Gretchen Carlson, and reveals the philosophies, attitudes and actions that can serve as a model for all of us who have yearned to be more than we are. She has woven their stories into a tapestry of wisdom and inspiration. These lessons illustrate the universal truths about what it takes to be a winner and are applicable to anyone who has ever wanted to follow their dreams and accomplish their goals whether they are sixteen or sixty-six.

Inside the pages of *Pretty Smart: Lessons from our Miss Americas* are insights on how to manage the ambiguity and chaos that life throws at you in a way that ultimately enhances your career and your life. Readers learn why the act-as-if principle works, what the “Boing” Factor is and how the butterfly effect can ultimately yield the positive change they desire and the importance of showing up.

Illustrated through the stories of the women who became Miss America, readers will learn:

- ✓ *What sets winners apart*
- ✓ *What are powerhouse habits of successful people*
- ✓ *How to snatch victory from adversity*
- ✓ *What to do when everybody thinks you're crazy*
- ✓ *Why true beauty is forged from the inside out*
- ✓ *How to actually embrace change*
- ✓ *What to do when adversity strikes*
- ✓ *The role of gurus, guides and allies*
- ✓ *How to make your own luck*
- ✓ *How to create a flight plan that spurs action to help you win the “crown”*

Pretty Smart: Lessons from our Miss America
by Penny Pearlman

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www.pennypearlman.com

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NATIONAL INDIE EXCELLENCE AWARDS



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Penny Pearlman is an accomplished business consultant, seminar leader and motivational speaker who helps individuals and organizations develop strategies for success. Her left and right brain work equally well as she has an MBA from the Wharton School and a B.A. in fine art. Her personal journey has included executive positions in the health care industry, management consulting and nonprofit leadership. Clients include Memorial Sloan Kettering Hospital, Ricoh and the Connecticut Society of CPAs. She brings to audiences and clients alike the wisdom gained from a lifetime of pursuing her own dreams. She lives in Westport, Connecticut. For more information, visit www.pennypearlman.com

HEAR WHAT OTHERS HAVE TO SAY ABOUT

Pretty Smart: Lessons from our Miss Americas

Phyllis George, Miss America 1971, pioneering female sportscaster, award winning speaker who wrote the foreword had this to say, “*Penny has woven our stories into a rich tapestry of wisdom and inspiration. Here you will find the encouragement and guidance you need to follow your heart all the way to your dreams.*”

“*If you follow the lessons in Pretty Smart, you’ll be inspired to pursue your own dreams of success. Penny has captured the character, courage and intelligence of my Miss America sisters. It’s a reach that shatters the stereotypes of Miss America contestants and takes you inside the lives of some of the most goal achieving women of our time.*” **Gretchen Carlson**, co-host of the cable morning news program, “Fox and Friends,” and Miss America 1981

“*Pretty Smart is not just for pageant lovers, but for anyone who longs to take that next step, reach for new heights and achieve their potential... A provocative, in depth look at how to be a winner in any field.*” **Prill Boyle**, author of “Defying Gravity: A Celebration of Late-Blooming Women”

“*Through the voices of the women who become Miss America, Pretty Smart provides you with important strategies for making the changes in your life to achieve the success you desire. Penny’s message about following your dream is powerful and practical.*” **Sam Haskell**, Chairman of the Miss America Organization and author of “Promises I Made My Mother”

“*I read Pretty Smart on a flight home from New York. I loved it! I couldn’t put the book down and I just thought what a tremendous job you did in pulling all my Miss America sisters’ stories together.*” **Angie Baraquio**, Miss America 2001

“*Pretty Smart will help you change the way you think, and then the way you act and, ultimately, empower your life in ways you never dreamed possible. I would recommend this book to anyone committed to being successful. It will change your life for the better.*” **Tara Holland**, Miss America 1997

“*Pretty Smart has changed my whole attitude about pageants and puts the focus where it belongs – on how smart, creative, persistent and determined successful women need to be and have been through out history. Great book! Get it, read it, give it to your girlfriends.*” **Sheryl Kayne**, author of Volunteer Vacations in America

LESSON 1: BEAUTY FROM THE INSIDE OUT

“*It’s wonderful to watch a pretty woman with character grow beautiful.*” Mignon McLaughlin, former editor of Vogue

People say that because these women are beautiful doors open for them. The former Miss Americas interviewed for this book admit to that. But what they will also tell you is that the door closes with a bang if there is no substance behind the beauty.

Shawntel Smith (1996) said, “I’m going to be honest and say that appearance does matter. Being attractive will get you through the door, but it won’t help you keep a seat at the table, get the position, or have the opportunity. What counts is your intellect, your personality and the integrity with which you walk into a room. Your determination and perseverance are what will get you the job. A lot of beautiful women vie for the crown each year. So why not crown them all? There’s only one girl who can win the title of Miss America. It takes more than just a pretty face.”