

Finding the Supermodel in You: The Insider's Guide to Teen Modeling

Claudia Mason

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With its encouraging tone, this well-crafted book will help readers find their inner supermodel.

No matter the genre, readers want a reliable narrator, a voice they can trust without question. Claudia Mason, author of *Finding the Supermodel in You*, is exactly that voice. In crisp, clear language, Mason details her successful and lucrative career as a model. Her own narrative is compelling as it offers a glimpse into a world that many people cannot access, a world based largely, to outsiders, on assumptions, stereotypes, and myths.

In ten well-crafted and cleverly organized chapters, Mason tackles some larger issues regarding the modeling industry. Early in the book, Mason addresses how young women should safely approach the industry, in the comically presented chapter "Take Grandma With You—aka—The Chaperone." From there, she advises on topics ranging from financial management to more intimate issues like health, specifically healthy weight maintenance.

In encouraging and thoughtful language, Mason asserts that she crafted this book to help young women understand the benefits and drawbacks of the modeling world as she has experienced them, so that they may learn from similar moments on their own journeys. Rich with photographs from various stages of Mason's career, the book is also supported by visual organizers like lists. Potentially unknown terms and phrasing are addressed via the "Appendix of Terms and Names," which will be helpful to those who might otherwise find themselves at a generational, cultural, or linguistic disadvantage.

To an outsider, the fashion and modeling profession can seem daunting, particularly for young women who so often suffer from low self-esteem or struggle with confidence. How refreshing then that Mason has written a book that, while direct and honest, approaches the industry in an encouraging, almost whimsical way. She truly believes that a supermodel exists inside every woman—it's simply a matter of using the right tools to reveal her. With *Finding the Supermodel in You*, Mason gives her readers those tools with complete confidence and grace.

AMANDA SILVA (Winter 2016)

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