



# Follow the Model: Miss J's Guide to Unleashing Presence, Poise, and Power

*J. Alexander*

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*J. Alexander*

**Follow the Model: Miss J's Guide to Unleashing Presence, Poise, and Power** J. Alexander  
AN EMPOWERING, NO-NONSENSE GUIDE TO LIVING THE MISS J WAY—FULLY AND FABULOUSLY!

HOW does a six-foot-four, Bronx-born black gay male become Queen of the Catwalk? In one word: attitude. Beloved by millions of fans for his outrageous wit and irrepressible flair, J. Alexander has primed hundreds of wannabe models on *America's Next Top Model* and coached such supermodels as Tyra Banks, Naomi Campbell, and Kimora Lee with inspiring advice that applies far beyond the catwalk.

AS witheringly funny in print as he is in person, Miss J recounts a remarkable career in high fashion that began with creating couture knockoffs on his grandmother's sewing machine. He reveals his secrets to succeeding at what you love most, shares life lessons and colorful (to say the least) anecdotes, provides a multitude of invaluable grooming and style tips, dishes on the celebrities he's worked with so intimately, and offers a glimpse into the world of *ANTM*. Not everyone is born to be a supermodel, but every woman can acquire confidence, self-esteem, and the determination to realize her dreams. You've got to want it, work it, and *walk* it—and Miss J will show you how.

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