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Kristin Cavallari is a television host, designer, entrepreneur, and author of Balancing in Heels, a New York Times bestseller, and True Roots, which was named one of the five best gluten-free cookbooks ever published by MindBodyGreen. She stars in the E! show, Very Cavallari, based on the running of her lifestyle goods store in Nashville.She also starred in MTV 's hit series Laguna Beach and ...

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