



# 'America's Next Top Model's' Nigel Barker Proposes Formula for Beauty in New Book

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by [Grace Gold](#) (Subscribe to Grace Gold's posts)

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Nigel Barker promotes his new book, "Beauty Equation: Revealing a Better and More Beautiful You." Photo: D Dipasupil/Getty Images

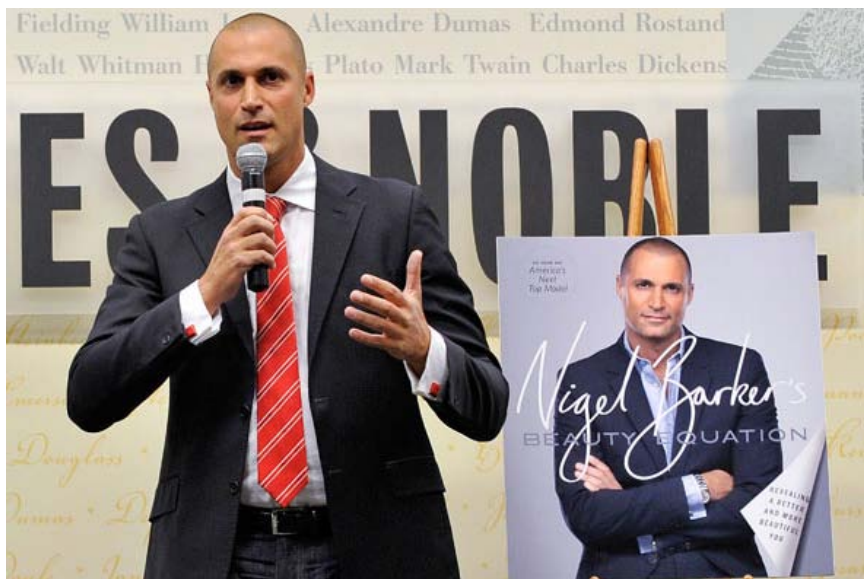
"America's Next Top Model" judge and photographer [Nigel Barker](#), claims to have discovered the winning equation for beauty:

You + allure + confidence + compassion + spontaneity + radiance + health + honesty + charm + energy + humor = beauty.

In his new book, "[Beauty Equation: Revealing a Better and More Beautiful You](#)," Barker dedicates a chapter to each trait with exercises and even homework intended to teach you how to master each one, as well as, handy tips on how to recognize and make the best of your greatest assets. Glossy shots of photography subjects ranging from [Veronica Webb](#) to [Caridee English](#) to his wife [Cristen Barker](#) pepper the pages, as do stylishly inspirational quotes. (Our favorite: "Your dresses should be tight enough to show you're a woman and loose enough to show you're a lady." - Edith Head.)

Dressed in a sharp navy suit with a white button down shirt and red and cream striped tie, Barker told editors at a launch event at New York City's [Citibabes](#) that the people who stand out most to him as a photographer -- whether a [red carpet celebrity](#) or a single mother in a Haiti slum -- all share one distinct quality.

"In order to be iconic, you must have lived, and be able to move people with your eyes. Young people don't tend to have that, whether they're a model or not. I look for that energy and spark," says Barker. However, "[America's Next Top Model](#)" candidates should take that advice with a strong dose of humility. "There's conceit, feigned confidence and true confidence," he explains. "True confidence is not thinking that you're better than someone else, which I see a lot on the show. True confidence is the deep belief that you know you can do it all yourself," says Barker.



Celebrity photographer Nigel Barker breaks down the formula for beauty. Photo: D Dipasupii/Getty Images

As for striking the perfect pose whether you're a seasoned paparazzi celeb or not, Barker includes an entire chapter on how to take better photographs. And for nervous subjects that often include heart-pounding celebs ready to step out to a premiere or party, Barker places a short-term hypnosis on them that he terms "The Golden Moment."

"I tell them -- 'Embody a thought that instills confidence'," says Barker. He then tells them to think of themselves as an Olympic gold-medal winning athlete who is standing proudly atop the podium after a lifetime of hard work. "I say, 'The wind is blowing through your hair, your mother is crying, and the national anthem is playing.' The hair on the back of their necks stands up, and they stand tall for that one moment -- and bam, I get my winning shot," laughs Barker.

We dig how the book features [the glitz of famous faces](#) alongside the radiant beauty of everyday women of all shapes and colors, in a seamless sequence that makes the glamour and excitement of celebrity seem attainable to anyone.

Yet, for someone whose career has led him to photograph some of the most famous and compelling faces in the world, there are still two candidates who Barker is dying to put in front of his camera.

"I'd love to photograph [President Obama](#). [Michelle](#), are you listening? You, too. I'm most inspired by people who are doing amazing things with their life."

Someone who has been inspiring us lately? [Teri Hatcher and her brazen no-makeup moment](#).

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