

A CELEBRATION OF BEAUTIFUL AND SEXY WOMEN AROUND THE WORLD

# GLAM JAM

MAY 2014 GLAMJAMMAG.COM

THE WORLD'S LEADING  
SUBMISSION DRIVEN  
MEN'S MAGAZINE



## GLAMOUR MODELING

★★★★★★★★★★★★★★★★

LIFE AFTER MODELING:  
WHY HAVING A BACKUP  
PLAN IS CRUCIAL!

## MODEL PSYCHOLOGY

★★★★★★★★★★★★★★★★

KEEPING YOUR BIG FAT  
EGO AT HOME

THE ASIAN SENSATION

# PRINCESS MANDY MO

UNCOVERED!

BECOME THE NEXT  
GLAM JAM  
COVER MODEL!  
DETAILS AT  
WWW.GLAMJAMMAG.COM



DISCOVERY OF THE MONTH  
★★★CHRISTINE MARIE★★★



JADE CARROLL ★ THERESA CORREA ★ CARLY DANIELLE



# CONTENTS

## 6

### PRINCESS MANDY MO

This Asian sensation is arguably one of the coolest and friendliest models out of Florida



#### ON THE COVER

**Model:** Princess Mandy Mo

**Photographer:** Joshua Aaron Stringer

## 16



**MODEL PSYCHOLOGY**  
KEEPING YOUR BIG FAT EGO AT HOME!

#### THE LADIES

18



*GIRL NEXT DOOR*

**JADE  
CARROLL**

30



*GLAM JAM DISCOVERY*

**CHRISTINE  
MARIE**

40



**THERESA  
CORREA**

48



*CANADA'S BABE OF THE MONTH*

**CARLY  
DANIELLE**



[www.facebook.com/glamjammagazine](http://www.facebook.com/glamjammagazine)



26



## GLAMOUR MODELING 101

LIFE AFTER MODELING:  
WHY HAVING A BACKUP PLAN IS CRUCIAL!

### Editor-In-Chief

**Pete Valentino**

( [info@glamjammag.com](mailto:info@glamjammag.com) )

### Staff Photographers

**Urban Stylz Photography**

Canada - ( [www.urbanstylz.net/glamourandfitness](http://www.urbanstylz.net/glamourandfitness) )

**Nick Krzywdzinski**

Australia - ( [www.nickartphotography.com](http://www.nickartphotography.com) )

**Joe Damaso**

United States of America - ( [www.joedamaso.com](http://www.joedamaso.com) )

**Joshua Aaron Stringer**

United States of America - ( [www.jasproductionsidm.com](http://www.jasproductionsidm.com) )

### Contributing Photographer

**Rick Trottier**

( [www.rjt-images.net](http://www.rjt-images.net) )

**Mike Anthony Moffa**

( [www.mikeanthonyphoto.com](http://www.mikeanthonyphoto.com) )

### Contributing Writer and Model

**Heather Shanholtz**

( [www.heathershanholtz.com](http://www.heathershanholtz.com) )









# EDITOR'S NOTE

BY PETE VALENTINO

Spring is officially here and we are heating things up this month with a selection of models that really define curvylicious! I am very pleased to present our cover model ; Princess Mandy Mo. A true Asian Sensation!

As always, Glam Jam is primarily a submission driven magazine to showcase the hottest new glamour photographers and models all over the world! This is your platform to finally get that valuable exposure to bring you to the next level in your craft, as a model or photographer! Get the visibility you deserve , politics-free and above all with the focus solely on beautiful women and great photography. The way it should always be!

**A CELEBRATION OF BEAUTIFUL AND SEXY WOMEN AROUND THE WORLD!**









THE ASIAN SENSATION

# PRINCESS MANDY MO

---

PHOTOGRAPHY: JOSHUA AARON STRINGER





A newfound star was born and I didn't even know that part of me even existed. I always thought models were really skinny, tall women.

<b>AGE:</b>	33
<b>HOMETOWN:</b>	Boynton Beach, FL (US)
<b>HEIGHT:</b>	5'0"
<b>WEIGHT:</b>	100lbs
<b>MEASUREMENTS:</b>	34-25-32
<b>OCCUPATION:</b>	Model





**“ I LOVE A MAN WHO IS  
FUNNY, SWEET AND THAT  
KNOWS WHAT HE WANTS! ”**









I'm about to die anyway and everyone says this makes you feel like death in the end. Ha! And so I did and yep it sure made you feel like death in the end. I walked into a Crossfit Gym and my life slowly took a drastic change from there! I definitely struggled through the workouts. The inhaler was definitely used a lot in the middle of some of the workouts. When I first started I could barely run 400 meters without losing my breath. Eventually, the entire gym started a 30-day challenge. It involved dieting. I was then introduced to The Paleo Diet. Basically, you can only eat meats, nuts, fruits, and vegetables. No carbs, no sugars, nothing! How do you substitute one kind of death for another?

I tried it out because everyone in the gym was doing the challenge and I didn't want to be the only one puss that wouldn't do it. The first 2 weeks were god awful and then it became a bit easier weeks after that. The cravings eventually dissipated and food really was no longer enjoyable much but only to consume so that you're not hungry. Oh yeah, this was a total cult that I fell into. Miraculously, the diet saved me!!! Ever since I cut out most of the sugars and breads I was able to breath again! How odd is that? I've never had any food allergies before and how come the doctors could not diagnose me of this? After Crossfit and The Paleo Dieting for about a year it brought me back to life and I started to work like a normal person again and I even started to model again! I'm back!

*Love  
Princess!  
xoxo*













**WOW  
FACTOR!**











# MODEL PSYCHOLOGY

BY PETE VALENTINO

## KEEPING YOUR BIG FAT EGO

### EGOCENTRISM AND NARCISSISM

Egocentrism is characterized by preoccupation with one's own internal world. Egocentrics regard themselves and their own opinions or interests as being the most important or valid. To them, self-relevant information is seen to be more important in shaping one's judgments than are thoughts about others and other-relevant information. Egocentric people are unable to fully understand or to cope with other people's opinions and the fact that reality can be different from what they are ready to accept. Egocentrism is not the same as narcissism.

Narcissism is the pursuit of gratification from vanity, or egotistic admiration of one's own physical or mental attributes, that derive from arrogant pride. The term originated with Narcissus in Greek mythology who fell in love with his own image reflected in a pool of water.

### EGOCENTRISM AND MODELING

With both definitions in mind, we can see how certain models in the industry may become highly egocentric. When you are growing your brand and becoming a highly popular model, it is quite normal behavior. Indirectly, your egocentric reactions to people become natural to you. The problem is, people may assume that you are a difficult model to work with. No one wants to work with a problematic drama queen.

If you have a big ego, rest assured that everyone in the industry will find out about it. Most big name people know each other and have a large network. People talk and if your ego is the root cause of why your career has dropped, it is because no one likes dealing with people like that.

### NETWORKING

In order to build a solid network of people, you need to focus on remaining professional and courteous with whom ever you meet. Failure to do so sends you in a tailspin of gossip and rejection.



# the girl next door

**JADE  
CARROLL**

PHOTOGRAPHY: JOE DAMASO



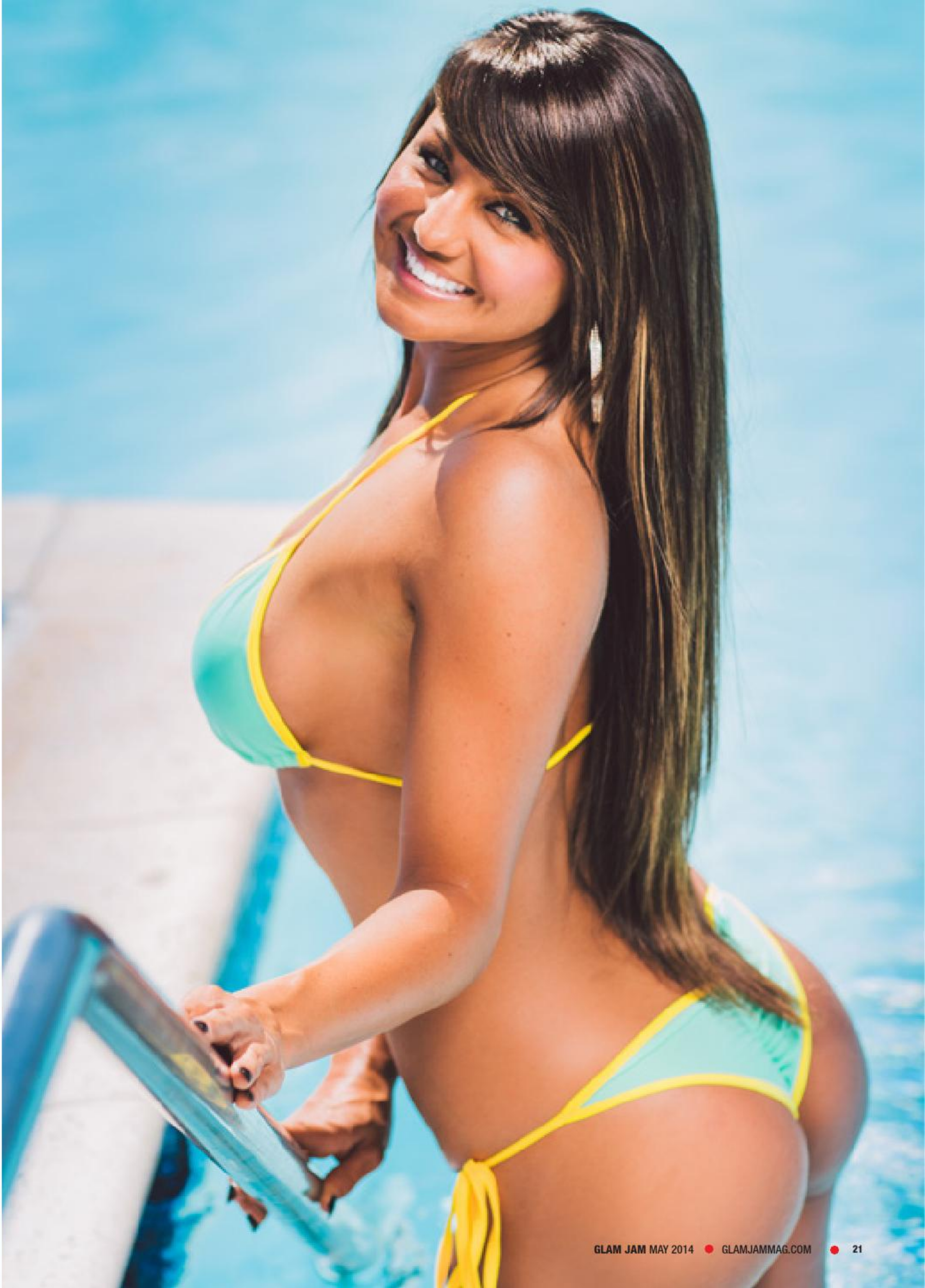


































# GLAMOUR MODELING 101



BY HEATHER SHANHOLTZ

## LIFE AFTER MODELING

WHY HAVING A BACKUP PLAN IS CRUCIAL!

If you are a full time model you are going to have to call it quits one day. You could though get into fitness modeling or lifestyle modeling but as a glamour model things will eventually plateau and come to an end.

Personally I know that I still have many years left in the industry however, it's always best to think ahead on what you want and what you will do with the rest of your life. The thing about being a successful model is all about contacts, networking and your connections. The positive thing about getting out of this industry is that if you are a good network and were able to maintain all of those connections and friends you have made and they could help you out immensely. I've seen models get out of the industry many times. They have either started families or have even ventured off to start their own businesses. If you are a successful glamour model it's a fact you have to be smart. Some "glamour models" really aren't full time models. They have some other type of income. It's so hard to be a glamour model because most of us are not signed with an exclusive contract and are self contractors. As far as myself I book my own work, manage myself and am signed with 15 different agencies all non exclusive. I pick and choose my own work and I constantly network and work my ass off.

After modeling I see myself still in the industry. Not necessarily modeling but as an actress, agency owner, manager or involved in PR.

If you are a model and rely on others to do things for you I'm sorry to say this but you won't make it very far. As you get older and your looks fade no one will have any respect for you. You need to think about what you actually want in your life because modeling is only short term compared to the rest of your life. I've already started to learn investments and recently opened up a Vanguard account. While you make money you need to save money and use it wisely. This applies to anyone really. You should always have a plan B. You never know what could happen in your life and I'm a strong believer that everything happens for a reason

but if you are prepared for whatever comes across to you it will make it that much easier for whatever type of transition you will go through. Personally I couldn't even imagine life without modeling however I keep many doors open. I have many other endeavors I'm involved with. As I'm writing this article it freshens me up on my own perspectives, I enjoy it because it makes me think. Refreshes my mind and keeps myself in check and at the same time I'm able to give everyone reading this article advice from my perspective. It's so empowering and makes me feel amazing to know I'm doing this. I suggest as a model to take your creativity and other talents and work on that at the same time. It will help you in the end. For myself I'm an entrepreneur. I'm a jack of all trades :). I am a writer, editor, a web and graphic designer, paralegal, a stunt woman, actress, an artist and a model. Most successful models are just that because we didn't get lucky yet we worked our asses off to get to this point. A lot of people will get jealous and hate on us because of our lifestyles and looks yet we work harder than most. To be constantly in the gym, watch what you eat and constantly work with the emails and social networking it would be easier to have a 9-5. Being in this industry we work harder than anyone I've ever met! Us models, photographers, magazine owners, actors, agencies etc. work around the clock and it's so true!

Life after modeling should be and will be fun! As long as you are smart and think about all of your goals and ambitions and obtain them. Modeling will come to an end but if you are a successful model it won't come to an end. There is no such thing if you are driven and have different motives in mind. Just remember be all you can be, successful, driven, motivated and think outside the box. You will always make it that way. It's not about taking pretty pictures anyway it's remembering the hard work that it took for you to get here, not giving up and always working on yourself to do better and be stronger. That will make you successful after modeling. The #1 advice for me to give is always have a plan B ;)





**CENTREFOLD**





\*\*\*\*\*  
**PRINCESS**  
**MANDY MO**  
\*\*\*\*\*

**CLAM JAW WHAT**





# DISCOVERY

---

OF THE MONTH

{ SOMETIMES YOU MEET A MODEL THAT



# CHRISTINEMARIE

MOTHER AND MODEL

## ***STATS***

AGE: 36

HEIGHT: 5'3"

WEIGHT: 115lbs

MEASUREMENTS: 34-27-36

HOMETOWN: Worcester MA (U.S.)

OCCUPATIONS: Model, Mom



SIMPLY BLOWS YOU AWAY WITH TALENT }



## BEING DISCOVERED

I'm so happy to be here in Glam Jam! I actually first started off as a dancer, since I was five years old in ballet, hip hop, tap, modern and point. I also did gymnastics. After I formed a passion for dance, I then became a professional ballet dancer in the Boston Ballet Company. After high school, I stopped dancing but there was something I was missing for a while. After I went through some of the toughest experiences in life, I started to focus on my own heart. I was so inspired by my friend Katie who modeled; I wanted to try to use my talents from holding poses in dance and expressions. So I reached out to ask how I could get started in this field. If it weren't for her I wouldn't be doing this today. Now I love expressing myself through modeling ever since that first day and I have grown so much along the way. This is a work of art I truly enjoy.

## MODELING

I love researching and creating new images. It's so inspiring to come up with new poses. A lot of times I also just create the poses with how I'm feeling on the inside. For me, it's my seductive, sensual passion. It takes some time to learn and form muscle memory without a mirror but you get stronger each time. You learn through direction from your photographer and viewing your work and forming a bond. I did start modeling late in life, so it's been just about three years now. It's never too late to start something you think you'll love! It's definitely a great side job as well as a hobby for me. The most important thing is to just have fun with it. I have been published in several amazing magazines and I think it's such a great accomplishment with only having done this for a few years. To be able to juggle a professional full time job, being a mom and modeling is something I never saw myself doing, but I am! I love to keep in shape and to inspire other women along the way. I also have over 450K fans on Facebook so it's really great to have so much support out there.

Another awesome part is I have made a lot of great friendships since I started modeling and a lot of girls that go through the same challenges as I do when you are a model. There are ups and downs because there is a lot of jealousy that goes along with it, like people that don't understand it and cause some heat. It's so important to remind yourself to follow your heart when this happens and let roll it off your back. You only live once and to me you do what makes you happy because most people would kill to be able to be able to model and accomplish this! I also feel really lucky to have Rick Trotter in my life. He not only supports and guides me with modeling since I started, but he is a wonderful supportive friend who will remind you of the important things in life. I can't thank him enough for being a part of my life as well as my other friends out there too! I am super honored to be a part of Glam Jam Magazine!! It's really something to sit home and hold a magazine with your pictures in something as awesome as Glam Jam! Thank you Rick & Peter! Thank you to all who support me!





*Love  
Christine  
xoxo*







I LOVE A MAN THAT CAN  
MAKE ME LAUGH.









GLAM JAM  
DISCOVERY















ITALIAN BEAUTY

★★★★ **theresa**correa ★★★★★

PHOTOGRAPHY: MIKE ANTHONY MOFFA



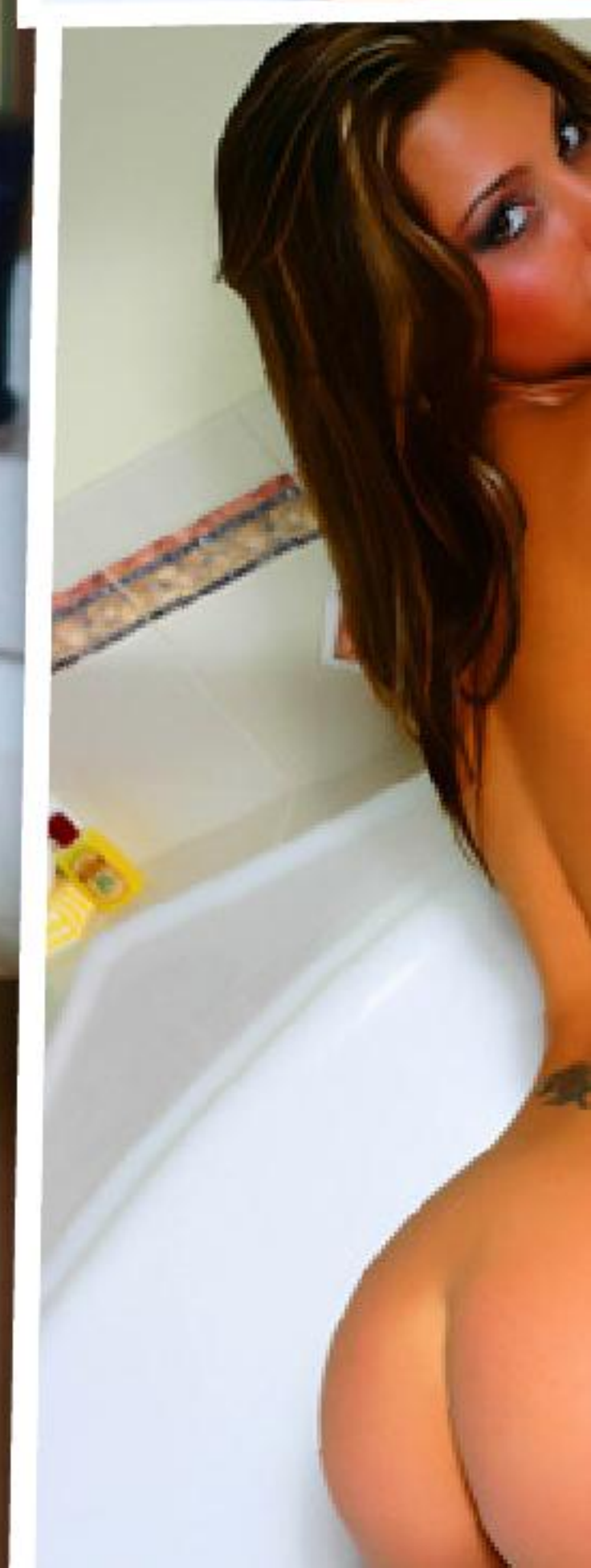




























## ***STATS***

AGE: 23

HEIGHT: 5'9"

WEIGHT: 145 lbs

MEASUREMENTS: 36-28-38

HOMETOWN: Guelph, (CANADA)

OCCUPATION: Model

IF YOU ARE A FAN OF BLONDES WITH AMAZING BLUE EYES, YOU WILL BE  
SERVED WITH THIS LOVELY CANADIAN!





CANADIAN BABE OF THE MONTH

---

# CARLY DANIELLE

---

PHOTOGRAPHY: URBAN STYLZ PHOTOGRAPHY









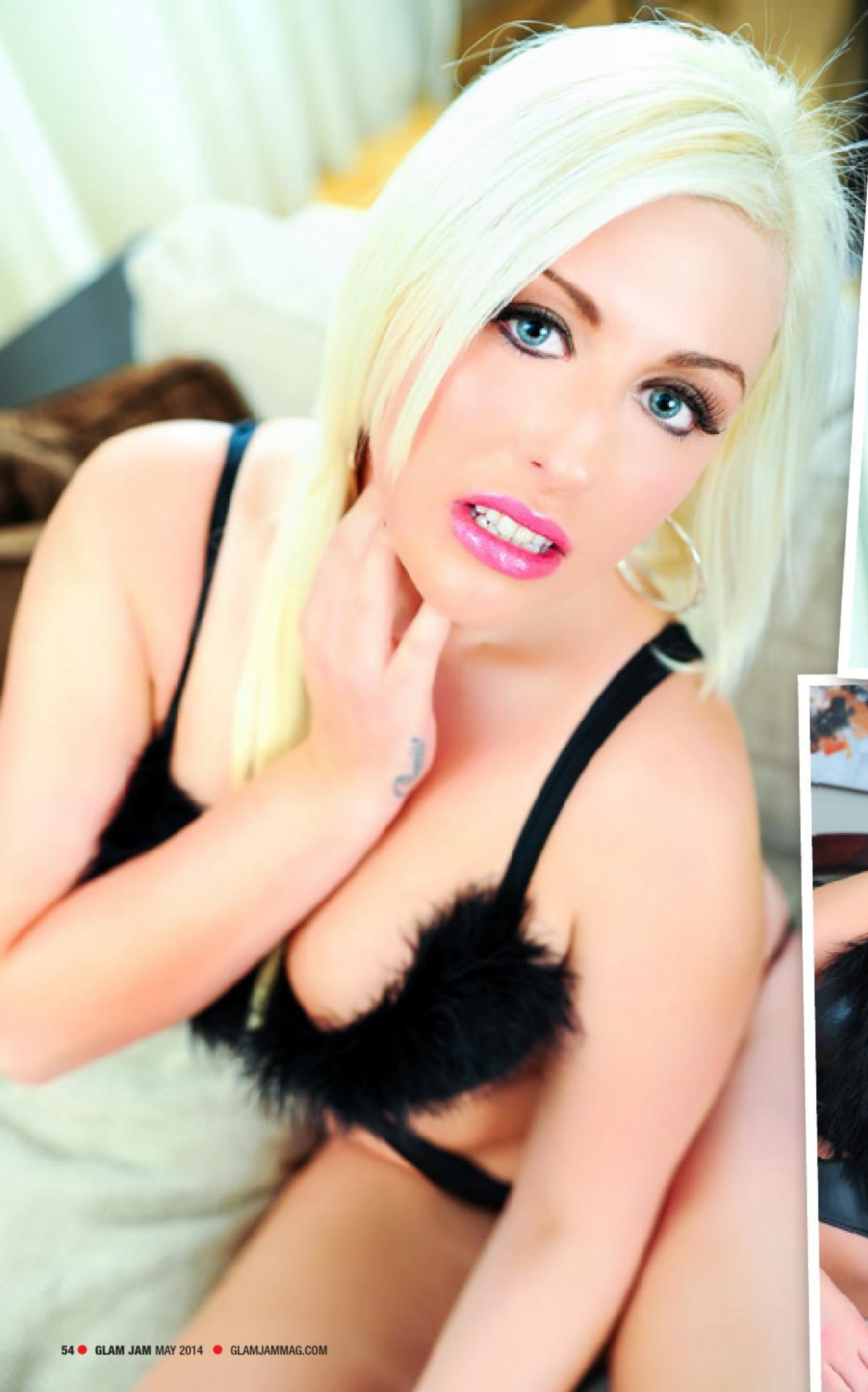




















\*\*\*\*\*