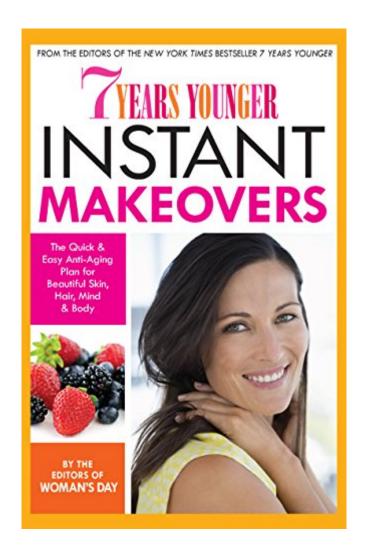
The book was found

7 Years Younger Instant Makeovers: The Quick & Easy Anti-Aging Plan For Beautiful Skin, Hair, Mind & Body





Synopsis

Lose years in minutes! Includes more than 100 instant makeovers to help you look and feel youngerâ "today. Get smoother skin, thicker hair and a brighter smile. Plus, sleep more soundly, banish stress, eat better and feel great about yourself. Youâ TMII discover how to play up your best features, choose flattering colors, fashions and hairstyles, get a good nightâ TMs rest every night, shop for the best anti-aging products that really work, and feel years younger and light-years more confident! Created by the editorial team of Womanâ TMs Day magazine, the book features a new group of test panelists specially recruited to demonstrate the anti-aging makeovers. Bonus: product recommendations from the latest Good Housekeeping Anti-Aging Skincare, Hair and Makeup Awards and dozens of youth-boosting recipes from Today show nutrition and health expert Joy Bauer, MS, RD. Color photos throughout. Â

Book Information

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Customer Reviews

This book is just one big infomercial, mentioning a specific product (in bold!) after most paragraphs that will "solve" the issue at hand. Just go to www.7yearsyounger.com/shop, they say. Really, how easy. They should give the book for free since it is clearly, sponsored.

Having lots of fun with this book! As expected, I already know some of the tips, but there are many new tips and recommendations in this book that were new to me (and I've spent a lot of years picking up tips on makeup and makeovers, believe me!). This one is much better than the usual "how to look younger" books, and it lives up to the promotionally hype!

I was skeptical at first that this was gonna be another useless information guide. However, I am pleased to report that this book offers solid, realistic advice for aging skin. Even better is that it lists products geared towards you specific needs. I have tried a few recommended products and have been happy with the results.

Got the book yesterday. Very prompt. I like it. I like that it suggests brands of products. Makes it much easier to purchase a product that works.

Very simple and informative book..

Facing the world with confidence!

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Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) 7 Years Younger Instant Makeovers: The Quick & Easy Anti-Aging Plan for Beautiful Skin, Hair, Mind & Body Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) Anti Aging:Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever(Anti Aging Diet, Anti Aging Secrets,Anti Aging Drugs) (Fitness Book 1) Anti-Aging Skin Care: Anti-Aging Skin Care Techniques for Beautiful, Flawless and Younger Looking Skin Get Younger Looking Skin Naturally: Advanced Skin Care (Aging, Skin problems, Eating for Beauty, Skin Care Routine, Skin Products, How to Age Well, Nails, Hair, Skin) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Look Younger: A Proven Anti-Aging Guide For Looking 10 Years Younger: Fast And Effortless Anti-aging Tactics Anti-Inflammatory Diet: Beginner's Guide with XL Granny's Recipes(Anti Inflammatory Books,

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