



Look Younger: Women s Handbook to Looking Young and Staying Young (Paperback)

By Jenna Patterson

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Look Younger - Women s Handbook to Looking Young and Staying Young Do you want to look younger? Erase wrinkles? Get rid of cellulite? With this book, you have a comprehensive guide on how to look younger and fight the aging process. These are proven strategies that will actually work and these are all things you can do without having to stretch your budget. DISCOVER PROVEN METHODS FOR BECOMING YOUNGER FROM THE INSIDE OUT! Also, you ll discover. 15 super foods that slow or even reverse the signs of aging Detailed anti-aging workout plans 7 easy recipes for effective skin treatments that you can make at home in your own kitchen And much more! Table of Contents Chapter 1: The 7 Causes of Aging Discover the 7 factors that cause the physical signs of aging Chapter 2: The Age Defying Diet Learn what foods to eat and what foods to avoid in order to look and feel younger Chapter 3: Exercise Your Way to Youth Discover detailed anti-aging workout plans and get tips for exercising Chapter 4: Reverse the Aging Process with Home...



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