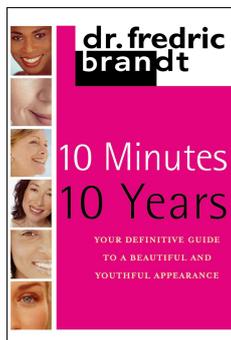


FITNESSNECTAR.COM Ebook and Manual Reference

10 MINUTES 10 YEARS EBOOKS 2019



Author: Frederic Brandt

Realese Date: Expected @@expectedReleaseDate@@

If you find yourself lost and alone in the skin-care aisle; if you're thinking of going under the knife, but hoping you won't have to; if you need specific, detailed information about how to get rid of the bags under your eyes or those ever-deepening furrows in your brow; if you've gone to your girlfriends, women's magazines, cosmetics counters, facialists, and plastic surgeons and gotten lots of conflicting answers; then Dr. Fredric Brandt's simple, streamlined system is for you. With *10 Minutes/10 Years*, one of the world's most famous cosmetic dermatologists offers a breakthrough skin-care program that will take you only ten minutes a day -- and will reverse your skin's aging process by ten years. There is a skin-care revolution taking place; the days of washing your face with soap and water and slapping on some cream are long gone. But this means that skin care isn't simple anymore. As new products appear, seemingly overnight, it becomes harder to know what's right for your skin. With warmth and humor, Dr. Brandt cuts through the information overload to provide concrete information and advice for women of all ages and of every skin type. He helps you determine who to go to and who not to go to as well as what to ask. *10 Minutes/10 Years* is a uniquely formatted, problem/solution-driven guidebook that reveals many unknown threats to the skin which age it before its time, such as sugar and diet (Chapter 3). Need to know about the brown spots on your cheeks? Turn to Chapter 6. Sick of your drooping chin? Read Chapter 14. Driven to despair by your thinning hair? Look at Chapter 19. But before you decide what system you need, consult Chapter 4 for a comprehensive list of the best products, treatments, and procedures available. Dr. Brandt explains what they are and how they work -- from the least invasive, over-the-counter creams to the most cutting-edge injectibles. Once you understand the basics, you can move on to your specific area of concern in the book's final section, which offers precise information for every skin type. There is no one-shot solution -- we are constantly aging, and we have to keep maintaining ourselves. *10 Minutes/10 Years* is Dr. Brandt's targeted approach to this maintenance. His system has already helped thousands of people look younger, and now readers will have their own one-way ticket back to a youthful appearance.

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