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Titolo	The age fix : a leading plastic surgeon reveals how to really look 10 years younger // Anthony Youn, MD, with Eve Adamson
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Descrizione fisica	1 online resource (xi, 227 pages) : illustrations
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Soggetti	Aging - Nutritional aspects Aging - Prevention Skin - Health and hygiene Beauty, Personal SELF-HELP / Aging HEALTH & FITNESS / Beauty & Grooming
Lingua di pubblicazione	Inglese
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Nota di bibliografia	Includes bibliographical references and index.
Sommario/riassunto	" The incredibly effective, anti-aging bible from world-renowned plastic surgeon Anthony Youn, MD. You don't have to spend a lot of money or undergo painful or risky procedures to turn back the clock and fight aging. This is good news for readers who want to look younger and enjoy firmer, wrinkle-free skin. World-renowned plastic surgeon and media darling Anthony Youn has spent the past 16 years researching the secrets of plastic surgeons, dermatologists, makeup artists, and dietitians, and he's compiled all of the solutions to every cosmetic aging problem in this book. THE AGE FIX provides everything readers need to know to maintain youthful beauty, including a diet program that explains which foods help you look younger and which foods are aging. Filled with an abundance of actionable takeaways and insider advice, it will help readers reclaim their youthful glow--without spending a fortune or going under the knife!"--

