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Sommario/riassunto	In Outsmarting Mother Nature: A Woman's Complete Guide to Plastic Surgery in the 21st Century, a female plastic surgeon explains all the major procedures in cosmetic surgery, offering frank insights into both physical and psychological issues and expectations. Dr. Iliana Sweis, who not only performs but has undergone cosmetic procedures, details the stages most women will go through from the time they begin to contemplate plastic surgery. The book explains how one can best prepare for a procedure, what to expect during the actual surgery, and how to handle the healing phase. The first several