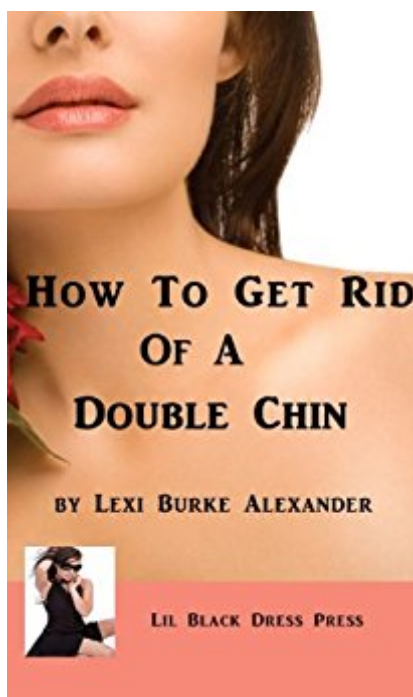


The book was found

Double Chin - How To Get Rid Of A Double Chin



Synopsis

Ready for a Sleek, Firm, Gorgeous Chin Line? In just minutes from now you can have a sleeker, more beautiful chin line! Lexi Burke Alexander, health and beauty researcher and owner of several health and beauty sites brings you "Double Chin - How To Get Rid Of A Double Chin". "Double Chin - How To Get Rid Of A Double Chin" gives you step by step tips to diminish your double chin. Why settle for an unattractive chin when you can enjoy a sleeker, more defined neckline? In "Double Chin - How To Get Rid Of A Double Chin" You Will Discover: The one simple household item you can use to improve your chin almost immediately! (Almost everyone has one of these.) The inexpensive little chin exerciser that chisels the chin like an ab machine whittles the waist. (It is under \$12 and amazingly effective!) What you can do to have a better looking neckline immediately. (Use these tips and your neckline will look sleeker right away!) Natural cost free chin exercises. (Easy to do in just minutes a day.) The truth about laser and micro-current chin technology. (What you should know!) 10 fast ways for a sleeker jawline NOW. (Take action now, have a sleeker look in minutes!) and much more! Why Wait? All You Have to Lose is Your Extra Chin! Get the Beautiful Chin Line You Were Meant to Have! Download Your Copy of "Double Chin - How To Get Rid Of A Double Chin" and Get Started!

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Customer Reviews

This book starts off with weight loss is one of the most effective ways, however it does also mention that double chins can be genetic - in which case the appearance can be minimised however for a permanent answer plastic surgery may be needed. Next they go through a series of items you can buy that will help aid with the reduction of double chins but continues on to give you exercise that you can do without purchasing one of these devices, these few simple ideas are ideal to do within an office or at home (wouldn't recommend a car if you are a driver as your eyes won't be on the road!) The author also details that by including some extra effort into your daily skin care regime you can aid in the appearance of your neck. Then however it diverges into more costly measures, laser, lipo and surgical methods, which would not be for everyone either depending on cost or personal views. However the author finished off the book with 10 simple steps that will help. I found that these along with the simple exercises to be the most useful sections within the book.

I have never known what to do with my sagging neckline but this book gives me some good information on how to tighten your skin and make it more elastic and it gives you some great neck exercises to do that I have never thought of before. I can use these techniques anytime even when I sit and watch TV which is great. I also found that there was some really good sensible advice on how to gain control of your appetite and what to drink to get beautiful clear skin. I like this book it is handy to refer to for ideas and information on how to look well after your self.

As a personal trainer who doesn't exactly believe in "spot reduction" I thought it would be interesting to read into removing a double chin. Well this book doesn't just concentrate on removing the double chin but also on firming up the skin on the chin and the neck too, which is often just as big a problem as we age and/or put on weight. What I really liked about this book is that it offers both short and long term advice in reducing or completely removing your double chin. There are a range of techniques suit anybody with a range of budgets also. If you are very serious about improving that area then I was pleased to know there were a number of things to do that did not involve surgery. I especially liked the section on exercises coming from a personal training point of view. This is a nice quick read and by the end you'll have all the options at your disposal.

Alexander's general dieting/eating advice is certainly sound, and truly, the best way to start. Luckily,

for the double-chinned foodaholics amongst us, there are also many other options in the book. From exfoliating and firming cream all the way through surgical solutions, I think the full range of options was pretty well-covered in the book. Since the chin exercise devices both fascinated and frightened me, and the thought of dieting just makes my face sag even more, I think my best options in the book are the natural exercises...and yes, dieting. Skin treatments and firming methods should work well on sagging chins, but for those of us who have double-chins from paunch and pudge...well, I think weight loss and toning are our best first steps. I think my favorite section, however, is "10 Ways to Improve Your Neckline... NOW!" ...talk about immediate gratification. Seriously, several of those tips work immediately through posture, clothing, hair, and make-up. Some of the book is based on good ole common sense and healthy living, but chances are pretty good there are a few new tips and techniques you might not have considered. I certainly found several.

This book gives good, practical advice about getting rid of a double chin. The author covers all bases - from simple exercises that everyone can do to changes in diet to costlier possibilities for those who want to invest a little more in their efforts to get rid of that extra chin. Possibly the most useful advice for most of us is the recommendation of small exercise devices that are inexpensive and easy to use. Thanks, Lexi, for your advice.

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