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Look Younger: A Proven Anti-Aging Guide For Looking 10 Years Younger: Fast And Effortless Anti-aging Tactics



Synopsis

Introduce me to anyone who does not wish they look 10 years younger, and I will show you a pig, flying over the statue of liberty, singing âˆ™The Star-Spangled Banner.âˆ™ I am confident you wonâˆ™t find anyone, but just in case, Iâˆ™ll make sure the pig wears a polka-dot waistcoat. While it may be frustrating not being able to click on an app that changes your appearance into one that would cause Brad Pitt or Julia Roberts to be green with envy, you can take advantage of those things that do come under your control. If you apply yourself to the advice offered in this book - using just a little self-discipline âˆ” you can help yourself to look significantly younger than you really are. This book will be your guide, looking at how you can begin to make adjustments to the following dynamics of your life: Your body Self-image Self-improvement Self-discipline I hope you enjoy this anti-aging guide and the ways in which we can learn new habits, attitudes, and tips to ensure we look 10 years younger.

Book Information

File Size: 181 KB

Print Length: 32 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 15, 2016

Sold by: Â Digital Services LLC

Language: English

ASIN: B01KI3WD8A

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,004,412 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #143

in Â Books > Health, Fitness & Dieting > Aging > Beauty, Grooming & Style #830 in Â Kindle Store

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