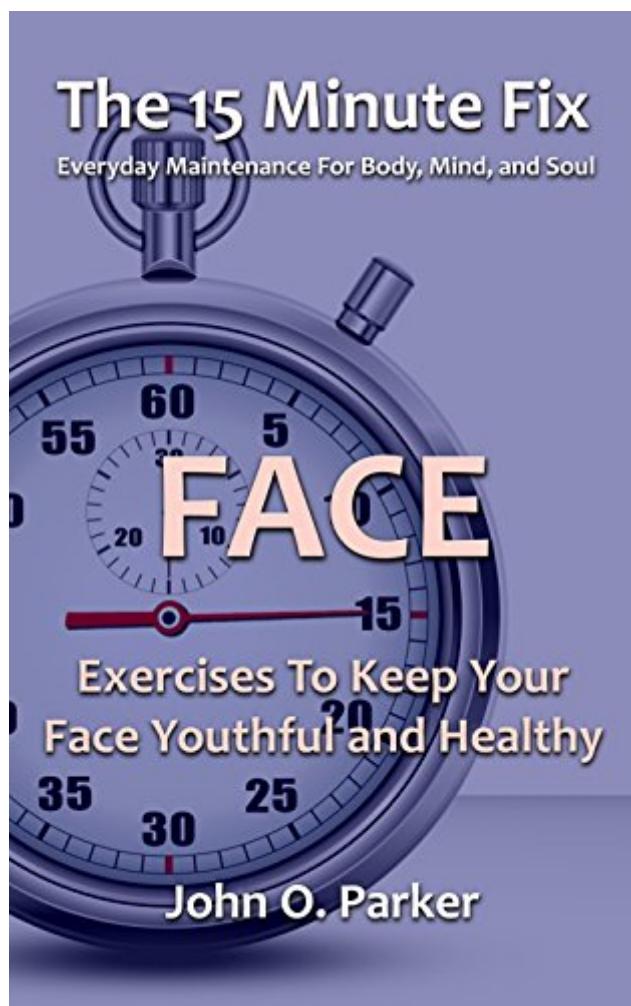


The book was found

The 15 Minute Fix: FACE: Exercises To Keep Your Face Youthful And Healthy



Synopsis

Is your face showing its age a bit more than you would like? Is your lifestyle making you look older than you are? Do you want to be one of those people who retain a healthy, youthful look throughout your life? If so, The 15 Minute Fix: FACE is here to help. This book will teach you how to use face exercises to make your skin smoother, firmer, and healthier without the risk and plastic look of invasive procedures. You will also learn to use facial exercises to alleviate stress, sharpen cognitive function, improve communication skills, boost your confidence, and improve your overall health. It's like yoga for your face. These exercises have been designed to act as a natural face lift as part of an overall anti-aging strategy. The program is specifically designed to help you develop a younger looking face without cutting into your busy schedule. In less than 15 minutes a day, you can use these facial workouts to tackle wrinkles, bags or dark circles under the eyes, double chins, turkey neck, jowls, sagging cheeks, laugh lines and more. In addition to 56 different facial exercises targeting all parts of the face, including neck, chin, lips, cheeks, nose, eyes, and forehead, you will find:-Progress tracking tools-Sample workout plans -Tips for taking care of your face and promoting healthy skin-Suggestions on foods that are good for your face-Descriptions of topical ingredients that are good for your face - and others that are bad for your face-Further supporting materials are also available at www.the15minutefix.com The 15 Minute Fix: FACE will appeal to anyone who wants younger looking skin, but doesn't want the expense or risk of plastic surgery. You may not be able to entirely erase wrinkles, but The 15 Minute Fix: FACE will help you develop a youthful, vibrant face in just 15 minutes a day. These exercises for aging are not only designed to help you look young naturally, their numerous side benefits will help improve your quality of life. About The 15 Minute Fix: The 15 Minute Fix is a series of programs designed to help you age well. Regardless of how old you are now, 15 Minute Fix programs can teach you how to take care of yourself so that you stay healthy and youthful for many years. In addition to the main target area of each book (vision in this case), these anti-aging exercises will help you reduce stress, improve cognitive function, and otherwise promote a youthful mind, body, and soul. The 15 Minute Fix follows the tradition of innovative exercise programs such as Tim Ferriss's 4-Hour Body and Tony Horton's P90X series.

Book Information

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Customer Reviews

There is a quote by Lauren Bacall at the very beginning of this book where she says a persons face tells their whole life story, and to be Proud of that. I agree with the dear lady. I got this as much for myself as for my own lady-friend, and I think she has put it to better use than me! Heh-In any case, this is super informative & is arranged as a 'planner & instruction manual' of sorts. There is terrific background, benefits of stress reduction-- and of course exercises and other means to work your entire face. and very naturally. Crisp and to the point, no time-waster here, and I swear I see the benefits in my sig- other all the time. Peace of mind and confidence are just side-bennies to this.

This book wiped 10 years of age, right off my face. Everyone keeps accusing me of Botox or a face lift. This easy to read guide taught me step by step facial exercises, in 15 min. I do them daily to maintain a more youthful tightened look. All my friends keep asking what my secret is, I'll never tell, while there out spending thousands in Botox, I'll continue to do my exercises.

Quick delivery. I wish there were pictures as it is very difficult to follow the directions. I have not exercised daily as it does require reading the direction over and over and I do not know if I am doing it correctly. I do see some improvement.

Marvelous work here! I was starting to show signs of aging and I bought every wrinkle cream you

could think of, and well, nothing worked. I did some research and found, The 15 minute fix. Who would of known that face exercises could tighten, firm and smooth away wrinkles. I'm very impressed, great book!

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