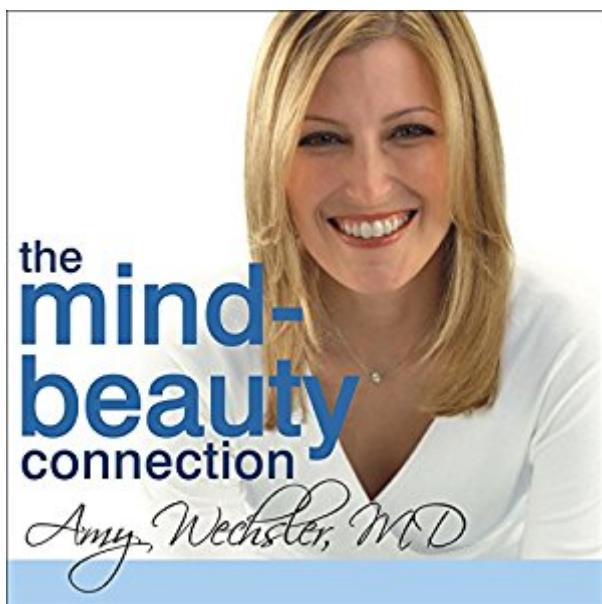


The book was found

The Mind-Beauty Connection: 9 Days To Reverse Aging And Reveal More Youthful Skin



Synopsis

It's not your age that's causing half of those lines and crinkles. It's your life. Now, Amy Wechsler, MD shows you how to de-stress your skin and take years off your face. In 9 days. Liking the way you look is vital to your health and happiness. But that's not easy when life runs at warp speed—you're simultaneously coping with ever-increasing demands: dependent kids, aging parents, or both; shopping; cooking; laundry; money pressures; and more, more, more. Good bet you're super-stressed, tightly wound, sleep-deprived—and it shows. Sure, but your thirties you've accumulated the first signs of normal aging: crow's feet, a bit of safe, some broken capillaries. But stress aging—how the madness of modern life affects your physical features inside and out—is today's biggest skin and health challenge. Happily, stress aging is very reversible. And it takes only a few days. While you may never be able to totally turn off all the pressure (if only!), Dr. Wechsler has plenty of combination strategies—from her own favorite stress buster to her number one wrinkle reverser—to help you turn back the aging effects of tension and time. She'll also teach you how to slow down and, to some degree, reverse the natural aging process. This is your guide to feeling, looking, and living young. In her book, she shows you how to: -Find out your SkinAge with a groundbreaking test that reveals how old (or young!) you really look -Personalize a 9-day renewal plan that's right for your face, wallet, and psyche -Understand the different cosmetic procedures and products available today -Adopt a mind-beauty regimen that will keep your skin looking and feeling terrific—not just for now, but for life. The mind-beauty connection is powerful and can dramatically affect how well—and how fast—you age. The rewards for solving it go far beyond a quick fix. They're transforming. You'll not only look better, you'll also sleep better, feel better, and likely lose unwanted weight as you begin to feel healthier, less stress, and more alive. Ready for a whole new you? Open this book and let's start! Amy Wechsler, MD, is a dermatologist and a psychiatrist, one of only two doctors in the country who are board-certified in both specialties. Evidence of the mind-beauty connection walks into her office every day: "Premature aging and adult acne are the two most common skin problems I see, and stress and exhaustion are often at the bottom of both," she says. Dr. Wechsler practices in New York City, where she lives with her husband and two kids. She is a member of the RealAge Scientific Advisory Board. --This text refers to an out of print or unavailable edition of this title.

Book Information

Audible Audio Edition

Listening Length: 9 hours and 35 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

Audible.com Release Date: October 7, 2008

Language: English

ASIN: B0025UMMFE

Best Sellers Rank: #50 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care #622 in Books > Audible Audiobooks > Health, Mind & Body > Health

Customer Reviews

This book is really just about eating right, getting enough sleep and not being stressed. Also sort of meandered all over without a cohesive story. Stretched the material way too much for a whole book. Waste of time.

This book explained the connection between stress and beauty in a very simplistic way for us busy women. The steps she wrote are very easy to follow.

I got this book as a gift but I skimmed it first. It seems really good and the author is super - educated, interested, aware.

I am a long time subscriber to Real Age and they often quote the doctor so I ordered the book. You can teach an old dog new tricks as I found several tips that I can use every day. And she explained in detail how everything was to be used. She also gives lots of good basic information.

i purchased this book after seeing the author, amy wechsler on t.v. She gives great practical advise that is easy to read. i especially liked that she gives specific products to try.

This book tackles every subject in improving your beauty. Very good and written so everyone can understand the concepts, issues and goals to improve skin issues

Nice to learn how to protect our precious skin! And maintain a healthy body habits!

This was a total joke. I can't even believe this was written by an MD. There is absolutely no medical basis for anything said in this book. One her big tips is use the same cream you use on your face under your eyes. Another one is that you need to get enough sleep. And, stress affects your looks. GROUNDBREAKING. She constantly endorses Neutrogena, its like an ad. This could have been condensed to a half page article in a magazine, written by a 12 year old.

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Lotions, Body Scrubs & More - 100% Cruelty Free) Irritable Bowel Syndrome & the MindBodySpirit Connection: 7 Steps for Living a Healthy Life with a Functional Bowel Disorder, Crohn's Disease, or Colitis (Mind-Body-Spirit Connection Series.) REVERSE HEART DISEASE - HEART ATTACK CURE & STROKE CURE - LOWER HIGH BLOOD PRESSURE TO NORMAL & RESTORE YOUTHFUL CARDIAC HEALTH WITH NO SURGERY OR DRUGS ... Pressure Cure, The End Of Heart Disease) REVERSE HEART DISEASE - HEART ATTACK CURE & STROKE CURE - LOWER HIGH BLOOD PRESSURE TO NORMAL & RESTORE YOUTHFUL CARDIAC HEALTH WITH NO SURGERY OR DRUGS

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