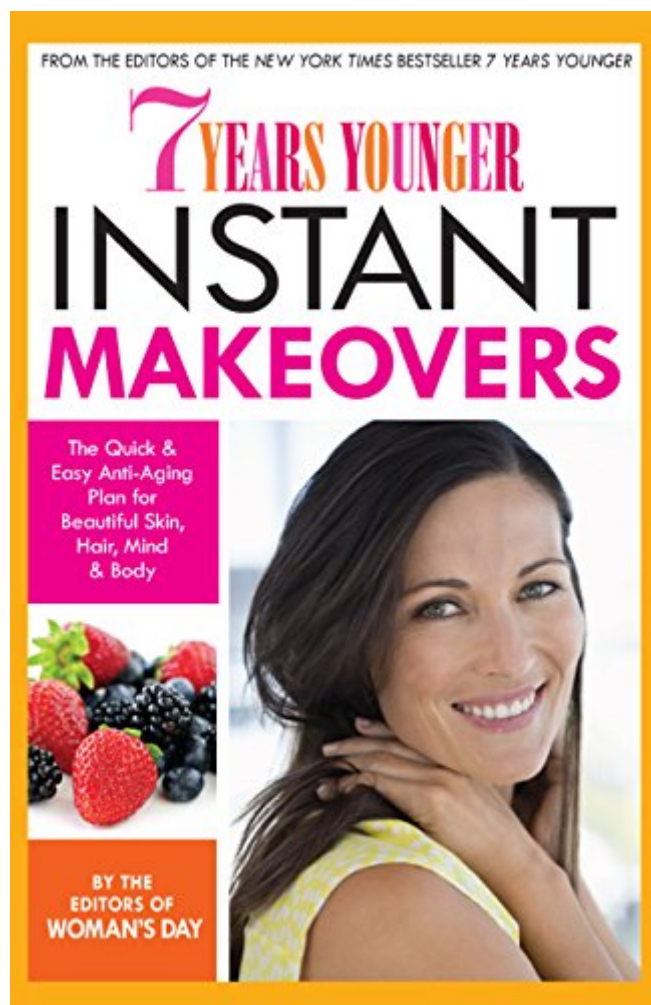


The book was found

# 7 Years Younger Instant Makeovers: The Quick & Easy Anti-Aging Plan For Beautiful Skin, Hair, Mind & Body



## Synopsis

Lose years in minutes! Includes more than 100 instant makeovers to help you look and feel younger today. Get smoother skin, thicker hair and a brighter smile. Plus, sleep more soundly, banish stress, eat better and feel great about yourself. You'll discover how to play up your best features, choose flattering colors, fashions and hairstyles, get a good night's rest every night, shop for the best anti-aging products that really work, and feel years younger and light-years more confident! Created by the editorial team of *Woman's Day* magazine, the book features a new group of test panelists specially recruited to demonstrate the anti-aging makeovers. Bonus: product recommendations from the latest Good Housekeeping Anti-Aging Skincare, Hair and Makeup Awards and dozens of youth-boosting recipes from *Today* show nutrition and health expert Joy Bauer, MS, RD. Color photos throughout.

## Book Information

File Size: 8241 KB

Print Length: 288 pages

Publisher: 7YY (December 30, 2014)

Publication Date: December 30, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00QJMJJDW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #818,182 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #117

in *Books > Health, Fitness & Dieting > Aging > Beauty, Grooming & Style* #639 in *Kindle Store*

*> Kindle eBooks > Health, Fitness & Dieting > Personal Health > Aging* #1508 in *Kindle Store >*

*Kindle eBooks > Health, Fitness & Dieting > Beauty, Grooming, & Style*

## Customer Reviews

This book is just one big infomercial, mentioning a specific product (in bold!) after most paragraphs that will "solve" the issue at hand. Just go to [www.7yearsyounger.com/shop](http://www.7yearsyounger.com/shop), they say. Really, how easy. They should give the book for free since it is clearly, sponsored.

Having lots of fun with this book! As expected, I already know some of the tips, but there are many new tips and recommendations in this book that were new to me (and I've spent a lot of years picking up tips on makeup and makeovers, believe me!). This one is much better than the usual "how to look younger" books, and it lives up to the promotional hype!

I was skeptical at first that this was gonna be another useless information guide. However, I am pleased to report that this book offers solid, realistic advice for aging skin. Even better is that it lists products geared towards your specific needs. I have tried a few recommended products and have been happy with the results.

Got the book yesterday. Very prompt. I like it. I like that it suggests brands of products. Makes it much easier to purchase a product that works.

Very simple and informative book..

Facing the world with confidence!

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Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) 7 Years Younger Instant Makeovers: The Quick & Easy Anti-Aging Plan for Beautiful Skin, Hair, Mind & Body Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) Anti Aging: Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever (Anti Aging Diet, Anti Aging Secrets, Anti Aging Drugs) (Fitness Book 1) Anti-Aging Skin Care: Anti-Aging Skin Care Techniques for Beautiful, Flawless and Younger Looking Skin Get Younger Looking Skin Naturally: Advanced Skin Care (Aging, Skin problems, Eating for Beauty, Skin Care Routine, Skin Products, How to Age Well, Nails, Hair, Skin) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Look Younger: A Proven Anti-Aging Guide For Looking 10 Years Younger: Fast And Effortless Anti-aging Tactics Anti-Inflammatory Diet: Beginner's Guide with XL Granny's Recipes (Anti Inflammatory Cookbook, Anti Inflammatory Diet Cookbook, Anti-Inflammatory Recipes, Anti Inflammatory Books,

Anti-Inflammatory Diet) ANTI INFLAMMATORY DIET: Anti-Inflammatory Recipes To Heal Yourself (Anti Inflammatory Diet, Anti Inflammatory, Anti Inflammatory Diet Cookbook, Anti Inflammatory ... Fast, Pain Free, Heal Yourself Book 1) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) The Ayurveda Hair Loss Cure: Preventing Hair Loss and Reversing Healthy Hair Growth For Life Through Proven Ayurvedic Remedies (Ayurveda Medicine, Hair ... Diet, Hair Loss Diet, Hair Loss Sollutions) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Hair Loss: How it Happens and How to Fix It (Hair Loss, beauty and fashion, hair, loss, aging parents, hair growth, healthy hair) Instant Pot Cookbook: 30 Top Vegan Recipes for Instant Pot Pressure Cooker: Cook Healthier And Faster (Instant Pot Cookbook Paleo, Instant Pot Weight Loss ... Instant Pot Chicken Recipes, Slow Cooker 5) The Ultimate Guide To Skin Whitening: The Permanent, Most Effective Solution For Increasing Complexion And Having Beautiful Skin (Beautiful Skin, Improve ... Complexion, Become Fair, Skin Pigmentation) Hair Loss and the Big Pharma - The Ultimate Guide on Avoiding Frauds, Disinformation and Bad Medicine (Hair Loss Cure, Hair Loss Nutrition, Hair Loss Solutions, Hair Loss Alopecia, Alopecia Areata) How to Cure Baldness and Prevent Male Hair Loss (Mens Hair Loss, Propecia, Minoxidil, Receding Hair Line, Hair Regrowth, male pattern baldness, mens hair) Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment)

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