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Ten Years Younger In A Weekend (Beauty And Fashion Secrets To Look Younger Naturally Book 1)



Synopsis

OVER 5000 COPIES SOLD - Revised and Updated 2014 - Best Seller In Fashion And Beauty

"Step By Step To A Younger Looking You" Everyone knows you can look younger if you spend a lot of time and effort with diet and exercise or by undergoing costly and painful cosmetic procedures, and there are lots of books around to help you with that. "Ten Years Younger In A Weekend" is different. This is all about looking great in a couple of days without any kind of diet, exercise, surgery or needles - you just need to follow the simple strategies in the book to see the difference. You'll surprise your friends and family and have fun, too!

Look Ten Years Younger And Ten Times Better In Just A Few Hours

In "Ten Years Younger In A Weekend," you'll discover how to get rid of any tell-tale signs of middle age and how to create a look that is ten or even twenty years younger almost instantly. You'll discover the 51 things you should never wear, if you want to look youthful how to create a fresh, younger look with your clothes, without looking ridiculous the easy makeup tricks that make you look years younger (and what to avoid) how to make it seem like you lost ten or twenty pounds in 10 seconds how to style your hair to take years off the essential strategies you need to maintain your youthful look as you get older. Remember, even if you are doing most things right, small details like your skirt length, perfume, foundation or lip liner could be letting you down. With "Ten Years Younger In A Weekend" you'll never make those mistakes and you'll always look younger than others your age. They'll just be left wondering how you do it so effortlessly, while they struggle to hold back the years

This book is fully illustrated and has 13 easy-to-read chapters, packed with information and tips

Ten Years Younger In A Weekend (An intro)

Take Ten Years (and Ten Pounds) Off With Your Wardrobe

How To Look Younger And Slimmer In An Instant

Rejuvenate Your Face and Neck

A Younger Body

Update Your Hairstyle

A More Youthful Smile

The Scent Of Youth

Look Younger With Makeup

Don't Let Your Hands Give Your Age Away

Think Yourself Young: It's An Attitude Thing

Holding Back The Years Forever

THE END BIT!

There's simply no reason to miss out any more with these simple, fun strategies anyone can use to look ten years younger and ten times better in just a few hours. Scroll up to the orange "Buy now with 1-Click" button to download and you'll have everything you need to get started!

Book Information

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Customer Reviews

Thankfully the cost was low for this book. I found the advice to be trivial and repetitive. In my opinion, suggesting that you go to a city and observe women who seem youthful is not a useful tip! The only spark of life I noticed was in the area of facial pampering. All in all it was not worth my time.

I had this before her update and the content was good but it was hard to read and navigate. She solved these issues, and I highly recommend the book now. This is about making small changes that don't cost a lot and are easy to do. I love her attitude towards aging. She explains that you don't have to get Botoxed and surgically altered in order to look and feel better. Sometimes all it takes is a shift from glitter eye shadow that was fun when you were 25 to a nice matte satin or shimmer that looks fine at 55. Little tweaks that don't cost the earth! Like the book, it won't cost a lot, but there is a lot in there. Great addition to the how to look as good as you want to, and bypass the expensive risky stuff.

I love these kind of books. I love others telling me how to get it right and how to look pulled together. I am having a harder time seeing my self get older. I loose myself in how to look the age I feel, without looking like I'm trying to be a 30 something gal. Jan just give us reminders of what to do and what not to do. I am really frustrated with the fashion magazines that are published. They all are for young women and nothing much for us older gals. This book really helps to put fashion in focus.

This is a great book, full of helpful hints and gentle reminders of what really works best for us women over 40.

You should check that your clothes, makeup, and hair aren't outdated. Take care of your skin, drink water, get sleep. Well, duh. No major new secrets revealed here.

I've been reading a lot of books lately to upgrade my look and thump the frump. This one is excellent for recapping the detail of the others and will serve as a book I can breeze through to remind me of all I've learned. I really appreciate the acknowledgement of the realities of aging and the encouragements to face this time of life with gusto! Our life may be drawing to a close but we can go out in joy and in style!

I would highly recommend this book. The information is easy to read and understand. Whilst I've heard some of this information before, it's all in one place and it all makes good sense. I get "it" now. Yesterday I went out shopping and was drawn to my usual flared, long, floral skirts - I didn't buy one. There's a new me and I am now focussed on what makes me look better rather than just fabrics and styles that have appealed to me for decades but which do nothing to flatter me. For me, the clock is ticking - backwards by 10 years. Thanks Jan for pointing out to me such helpful advice in such a succinct way. The best investment of \$2.99 I've ever made.

Before reading this book I was always feeling sluggish, unmotivated about my personal look and with a very low self esteem. Then I discovered this book and began reading it and as I read the more excited I got. The following day I went to see my hairdresser, I began cleaning out my closet, I got into a diet and as we speak I'm looking the extra weight. I began taking better care of myself and my self esteem has gotten way better than before. I feel beautiful and so motivated. This book is worth reading it shows how you can rejuvenate yourself in a fast simple way. There's a lot of tips that can help a person take the years off. I will for sure refer to it over and over again.

This book has been so helpful in raising my awareness of the complete package. It's the sum of all of the parts of this book that create a youthful aura. So many resources and the author's website and other links contained in the book have a plethora of information. I'm so happy I purchased this book. In the past I have been complimented that I look younger than I am, but this book makes one realize you have to continually reinvent yourself in all facets of your appearance.

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