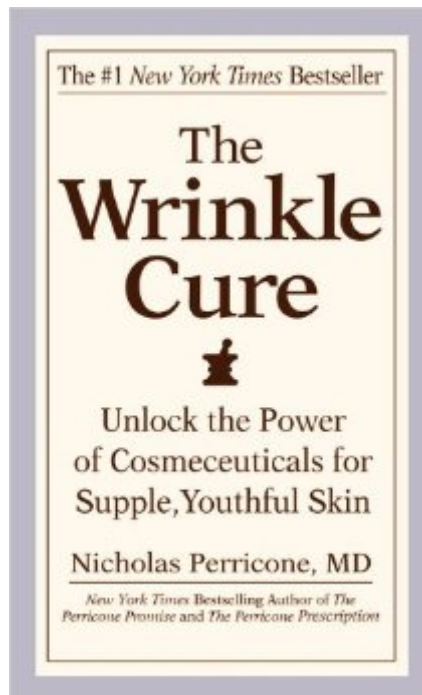


The book was found

The Wrinkle Cure: Unlock The Power Of Cosmeceuticals For Supple, Youthful Skin



Synopsis

Dr. Perricone's #1 "New York Times" bestselling guide to a better, healthier complexion offers a revolutionary, all-natural, antioxidant program that revitalizes the skin at any age, from the outside and inside. Reissue.

Book Information

Mass Market Paperback: 240 pages

Publisher: Grand Central Publishing (September 1, 2005)

Language: English

ISBN-10: 0446617172

ISBN-13: 978-0446617178

Product Dimensions: 4.1 x 0.6 x 6.8 inches

Shipping Weight: 4.2 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (103 customer reviews)

Best Sellers Rank: #205,027 in Books (See Top 100 in Books) #12 inÂ Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care #4393 inÂ Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

This is the first time I've ever been persuaded to alter my diet or to try such costly skin care products. Lack of persistence and consistency is a weakness of mine and the claims sound like implausible hyperbole, until you actually try it. I breezed through the book the first night I bought it, bought two of his products soon thereafter (one product to firm around the eyes and another to firm the face), and didn't bother with the nutritional supplements (I thought the list was too long and there was no way I was going to figure out which ones were more helpful and the right amount of each to take, and when to take them throughout the day). Instead of rigorously following the diet, I just loosely tried to take his advice, drinking more water so I don't dry up and look like a prune, eating more fruit and veggies, eating more fish (especially salmon), and less red meat (though still stopping in McDonalds every now and then). Two weeks later I was out with a fellow I had dated a few times and he said I looked particularly attractive that evening. I told him I had had my teeth whitened. He said, no, it's not that, it's my skin, something is beautiful and different about it, he didn't know what. Then I told him I had been trying something new and that it must work, though he was the first person to say anything. The following weekend, my mother told me I looked nice, contented - perhaps it was something else? Last week I took two days off from work and the first

day a guy flirted with me in the bookstore and gave me his business card, then the next day I was hanging out in the park and a guy introduced himself to me and kept hanging around me 'til I made it clear I was going my own way, without him. That kind of attention in two days hadn't happened in a long time.

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