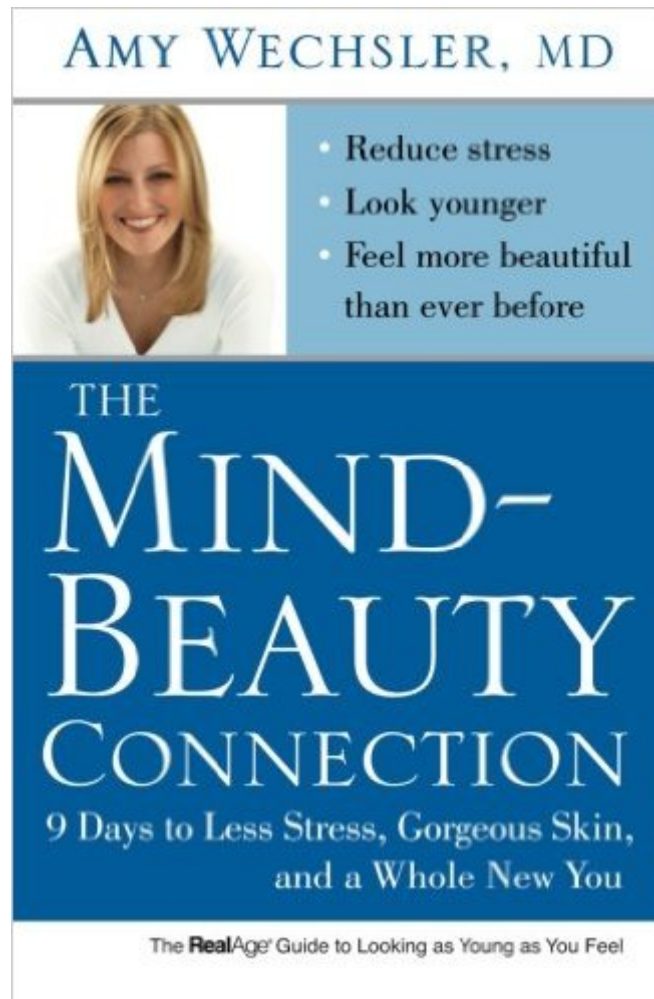


The book was found

The Mind-Beauty Connection: 9 Days To Less Stress, Gorgeous Skin, And A Whole New You.



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 -- 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 superstressed, 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 sag, 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 are 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 -- correction: your whole body -- 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!

Book Information

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Customer Reviews

From: [...]A FirstLook FeatureBook Review: The Mind-Beauty Connection: 9 Days to Reverse Stress, Aging and Reveal More Youthful, Beautiful Skin (Free Press, 2008) by Amy Weschler, M.D. Author Amy Weschler is one of only two physicians in the United States board certified in both dermatology and psychiatry. She is also a member of the RealAge Scientific Advisory Board. Following in the recent tradition of whole-body medicine, Dr. Weschler has identified the correlation between health, aging skin, and the mind in her new book. All of these factors play a part in how we look and feel. As a doctor, the most common skin problems she sees are premature aging and adult acne, both of which are frequently caused by stress and exhaustion. Key points of The Mind-Beauty Connection: * 70-80% of our health and longevity is up to us. * Skin cells need water, oxygen, vitamins, nutrients. * Cosmetics are not regulated by the Food and Drug Administration. * The only proven wrinkle-reducers and age fighters are retinoids. * "A good moisturizer will do more for you than drinking 20 gallons of water a day." (See pp. 31 for necessary ingredients.) * Americans have about 50 minor stress attacks each day. * Stress affects the mind, body, skin, and aging. * Eat: fruits & vegetables, nuts, seeds, olive oil, lean protein, and whole grains. The Mind-Beauty Connection addresses what we can do for our skin during each decade, skin cancer, sunscreens, sugar consumption and its relation to wrinkles, liver spots, sun damage, acne, tattoo removal, etc... Likewise Dr. Weschler explores and explains natural at-home and more advanced treatments. Dr.

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