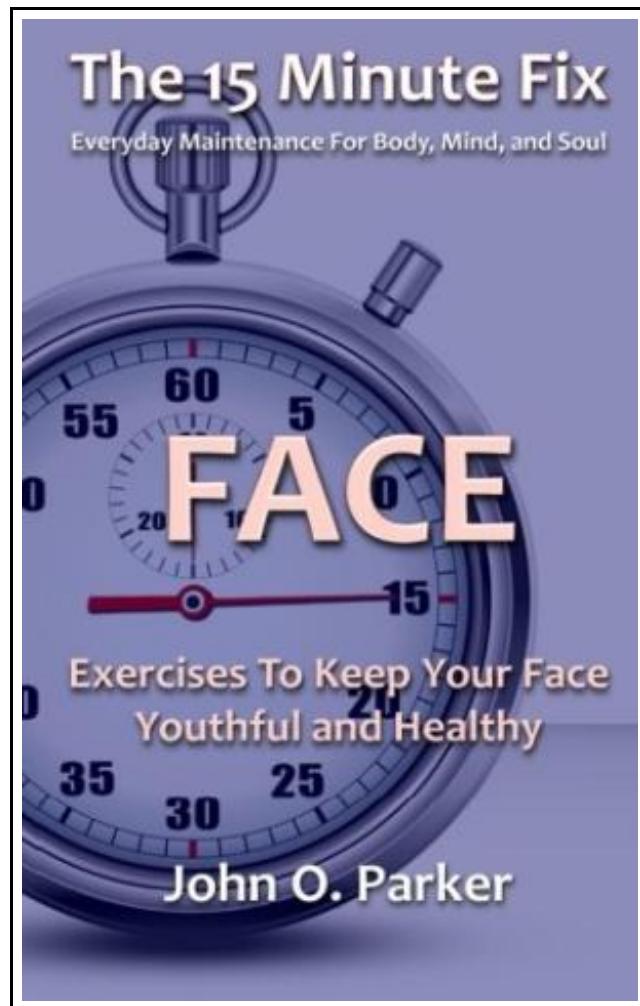


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Tidal Publishing, United States, 2014. Paperback. Book Condition: New. 200 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****. Is your face showing its age a bit more than you would like? Is your lifestyle making you look older than you are? Do you want to be one of those people who retain a healthy, youthful look throughout your life? If so, The 15 Minute Fix: FACE is here to help. This book will teach you how to use face exercises to make your skin smoother, firmer, and healthier without the risk and plastic look of invasive procedures. You will also learn to use facial exercises to alleviate stress, sharpen cognitive function, improve communication skills, boost your confidence, and improve your overall health. It's like yoga for your face. These exercises have been designed to act as a natural face lift as part of an overall anti-aging strategy. The program is specifically designed to help you develop a younger looking face without cutting into your busy schedule. In less than 15 minutes a day, you can use these facial workouts to tackle wrinkles, bags or dark circles under the eyes, double chins, turkey neck, jowls, sagging cheeks, laugh lines and more. In addition to 56 different facial exercises targeting all parts of the face, including neck, chin, lips, cheeks, nose, eyes, and forehead, you will find: -Progress tracking tools -Sample workout plans -Tips for taking care of your face and promoting healthy skin -Suggestions on foods that are good for your face -Descriptions of topical ingredients that are good for your face - and others that are bad for your face -Further supporting materials are also available at The 15 Minute Fix: FACE will appeal to anyone who wants younger looking skin, but doesn't...

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