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Look Younger: A Proven Anti-Aging Guide For Looking 10 Years Younger: Fast And Effortless Anti-aging Tactics



Synopsis

Introduce me to anyone who does not wish they look 10 years younger, and I will show you a pig, flying over the statue of liberty, singing âThe Star-Spangled Banner. I am confident you wonât find anyone, but just in case, Iâll make sure the pig wears a polka-dot waistcoat. While it may be frustrating not being able to click on an app that changes your appearance into one that would cause Brad Pitt or Julia Roberts to be green with envy, you can take advantage of those things that do come under your control. If you apply yourself to the advice offered in this book - using just a little self-discipline â you can help yourself to look significantly younger than you really are. This book will be your guide, looking at how you can begin to make adjustments to the following dynamics of your life: Your body Self-image Self-improvement Self-discipline I hope you enjoy this anti-aging guide and the ways in which we can learn new habits, attitudes, and tips to ensure we look 10 years younger.

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