



Complete Idiot's Guide to Looking and Feeling Younger

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Do you look in the mirror every morning and wonder how you got so old? Everyone does sooner or later-- but not everyone realizes how easy it is to shave years off how you look and feel. "The Complete Idiot's Guide to Looking and Feeling Younger" not only tells you how to look like you're ten years younger, but also give you advice and instructions for feeling better every day. The expert authors from Medicinenet tell you not only how the right fitness program can improve your mental and physical health, but how to consider herbals and vitamins, healthy skin, dressing, beauty tips, plastic surgery and Viagra as possible ways to improve your appearance and self-esteem. This book is a must-have for both men and women!

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Martha Furman:

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Monika Cunniff:

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David Myers:

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