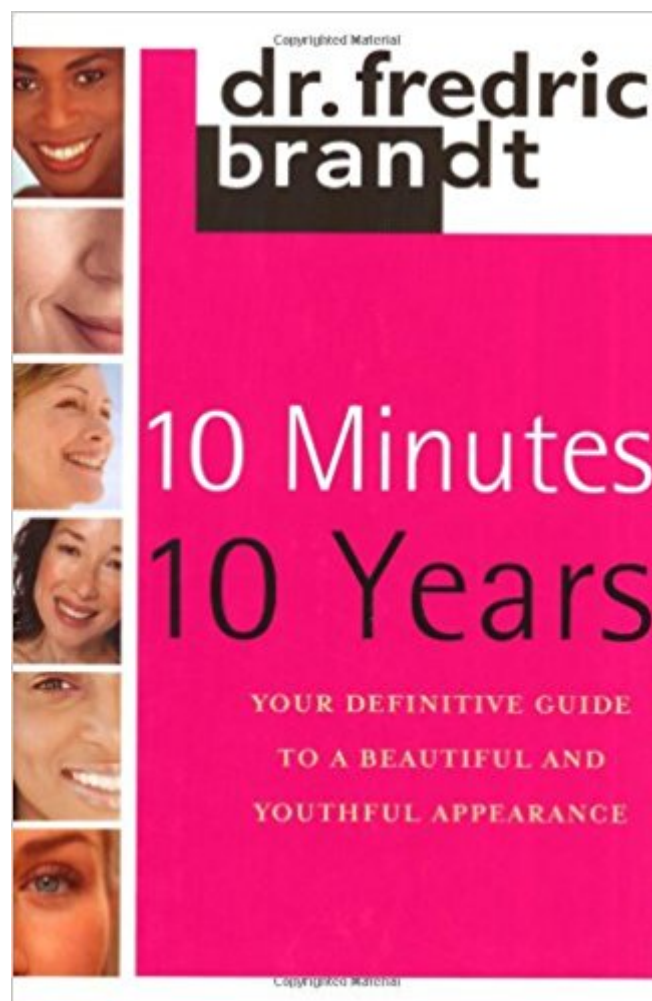




The book was found

10 Minutes/10 Years: Your Definitive Guide To A Beautiful And Youthful Appearance



Synopsis

If you've already had three facelifts and are desperate for the next fix; if you're thinking of going under the knife, but hoping you don't have to; if you need specific, detailed information about how to get rid of the bags under your eyes or those ever-deepening wrinkles if you've tried everything and no skin care treatment has worked, Dr. Frederic Brandt's simple, streamlined system is for you. With 10 MINUTES/10 YEARS, one of the world's most famous cosmetic dermatologists offers a revolutionary skin program that will only take you ten minutes a day. There is a skin care revolution taking place; the days of washing your face with soap and water and slapping on some cream are long gone. But this means that skin care isn't simple anymore. As new products appear seemingly overnight (some of them good, some of them terrible), it becomes harder and harder to know what's right for your skin. Dr. Brandt wants to make you a more educated consumer so you know exactly what to ask for when you go to your dermatologist. He wants to help you know who to go to, and who not to go to--go to a facialist for facials, for instance, but not for in-depth skin care advice. If you find yourself in what Dr. Brandt calls "the Bermuda triangle of skin care," you need a system for success. In 10 MINUTES/10 YEARS, a uniquely formatted, easy to use book, Dr. Brandt makes available all of his time-tested skin care know-how--and he does it with warmth and humour. There is no one-shot solution - we are constantly aging, and we have to keep maintaining ourselves. 10 MINUTES/10 YEARS is Dr. Brandt's targeted approach to this maintenance. His system has already helped thousands of people look younger, and now readers will have their own one-way ticket back to a youthful appearance.

Book Information

Hardcover: 271 pages

Publisher: Free Press; 1st Free Press Hardcover Ed edition (April 17, 2007)

Language: English

ISBN-10: 0743297083

ISBN-13: 978-0743297080

Product Dimensions: 9.4 x 6.3 x 1.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 6 customer reviews

Best Sellers Rank: #1,726,129 in Books (See Top 100 in Books) #81 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care](#) #360 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments](#) #526 in [Books > Health, Fitness &](#)

Customer Reviews

"Is there a woman alive who hasn't longed for tighter pores, a smoother complexion, a dewier glow -- who hasn't wasted time and money on remedies and creams that fail to fulfill their promise? Dr. Brandt has come to our rescue. His book is a godsend, a microdermabrasion for the mind that will leave you glowing with newfound understanding and purpose. A wizard in his field, he has anticipated all your questions and answered each and every one of them with the knowledge and seasoned experience at his command."-- Daphne Merkin, author of "Dreaming of Hitler"

Dr. Fredric Brandt has been revolutionizing the field of cosmetic dermatology for more than twenty years. He sees up to forty patients a day at his practices in New York and Miami, and he lectures, sits on boards, and regularly makes expert appearances on television and in magazines. A celebrity in his own right, Dr. Brandt has earned the trust of bold-faced names in the worlds of entertainment, business, fashion, and society. Using a variety of noninvasive procedures, many of which he pioneered or perfected, he helps his patients maintain their youthful visages. He is the author of Age-Less and creator of his own very successful line of skin-care products.

This Author has great products and this book has a lot of great information. You can find his products at sephora and ask for samples to try for yourself at home. This is a great skin care book.

Cheap yet works perfectly. delivery so quickly. great and good experience. I quite enjoy this product. I like to collect kitchen utensils but usually shell out for pots and pans and buy my knives at thrift stores. For the price, this product has been super useful. my company need it ,

This is a great book about skincare. It starts with the basic principles of maintaining healthy skins. The author then discusses option to improve your skin in a minimally invasive manner. Economical skincare can do wonders for you.

Nothing new here - nothing that you haven't heard before. This is basically one long advertisement of Brandt's products. You could go bankrupt trying to hold back the years this way and wouldn't have time for anything but beauty regimens. Dr. Perricone's books are far more informative and even though he has a product line, too, his books focus on scientific studies and facts, nutrition and

health, and he provides information that you can use even if you don't buy his products.

Here is a doctor who talks about cleansing the body through diet, and then suggests you inject every possible thing into your face. I was not impressed. I was under the impression the book would have good diet tips to keep one looking youthful.

I learned so much from reading this book. Things I never knew about your skin. I use Dr. Brandt's Poreless line already but this informative book just adds to that. I would recommend it to anyone.

[Download to continue reading...](#)

10 Minutes/10 Years: Your Definitive Guide to a Beautiful and Youthful Appearance Carole Maggio
Facercise (R): The Dynamic Muscle-Toning Program for Renewed Vitality and a More Youthful
Appearance, Revised and Updated Coconut Oil & YOU: 10+ Recipes For A Beautiful, Healthier,
Leaner, More Energized YOU! Weight Loss, Youthful Skin, Beautiful Hair, Anti-Aging, Increase ...
Psoriasis, Increase Energy & Brain Power) Anti Aging Secret of the Animals - Learn the Simple
Somatic Movements That Can Cure Back Pain, Restore Your Flexibility and Rejuvenate Your Body
to Its Natural, Youthful State Today! Draw Buildings and Cities in 15 Minutes: Amaze Your Friends
With Your Drawing Skills (Draw in 15 Minutes) Draw Buildings and Cities in 15 Minutes: Amaze
Your Friends With Your Drawing Skills (Draw in 15 Minutes Book 4) House Beautiful The Home
Book: Creating a Beautiful Home of Your Own (House Beautiful Series) The Complete Book of
Juicing, Revised and Updated: Your Delicious Guide to Youthful Vitality Clothes and Your
Appearance Reversing Dry Eye Syndrome: Practical Ways to Improve Your Comfort, Vision, and
Appearance (Yale University Press Health & Wellness) Complete Book of Juicing: Your Delicious
Guide to Youthful Vitality 99 Ways to Improve the Value & Appearance of Your Home House Hustle:
99 Ways to Improve the Value & Appearance of Your Home (Select Series) House Hustle: 99 Ways
to Improve the Value & Appearance of Your Home Clothes & Your Appearance The 15 Minute Fix:
FACE: Exercises To Keep Your Face Youthful and Healthy Dress Like a Man: A Style Guide for
Practical Men Wanting to Improve Their Professional Personal Appearance Ultimate Facercise: The
Complete and Balanced Muscle-Toning Program for Renewed Vitality and a More Youthful
Appearance Ultimate Facercise: The Complete and Balanced Muscle-Toning Program for
Renewed Vitality and a More Youthful Appearance Individuality in Clothing Selection and Personal
Appearance (7th Edition) (Fashion Series)

Contact Us

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)