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Guide to the Younger You

By Troy Thompson

New Holland Publishers. Paperback. Book Condition: new. BRAND NEW, Guide to the Younger You, Troy Thompson, When we look good, we feel good and feeling good is the key to confidence and success in every area of life. This is Troy Thompsons' philosophy and the basis to his latest book, "Guide To The Younger You". Troy interviews the best of the best in every field from skincare to weight loss, fashion to cosmetic surgery on his mission to inspire the women and men of Australia to be their best. He offers practical advice, expert tips and the most up-to-date information on everything related to rejuvenation. Topics includes: Retreat - Escaping the hustle & bustle; Cleansing - Toxins be gone; Weight Loss - What works for you? Fashion - Undressing the issues; Hair - Beautiful hair is closer than you think; Makeup - looking the best you can; Skin - The facts on skincare; Injectables - the art of facial cosmetic rejuvenation; Body Shaping - Achieving the perfect silhouette; Cosmetic Surgery - Restore your youthful appearance; and, Hold back the years to help create your "Younger You".



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