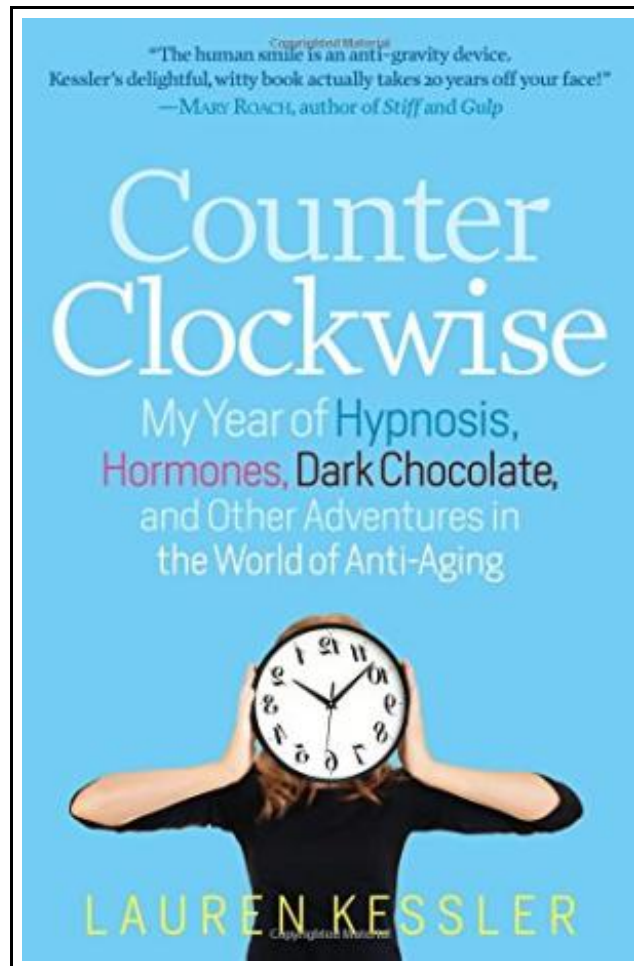


## Counterclockwise: My Year of Hypnosis, Hormones, Dark Chocolate, and Other Adventures in the World of Anti-aging



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## COUNTERCLOCKWISE: MY YEAR OF HYPNOSIS, HORMONES, DARK CHOCOLATE, AND OTHER ADVENTURES IN THE WORLD OF ANTI-AGING



Rodale Books, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "The human smile is an anti-gravity device. Kessler's delightful, witty book actually takes 20 years off your face!" Mary Roach, author of *Stiff* and *Gulp* "Lauren Kessler's bold, bad-ass take on aging solves one of our great modern dilemmas: how to stay young and vibrant without spending the rest of our lives obsessing over how to stay young and vibrant. I feel a decade younger just having read it." Karen Karbo, author of *How Georgia Became O'Keeffe* "Lauren Kessler has journeyed to the far frontiers of the anti-aging movement and, using herself as an ever-willing guinea pig, delivers insights that are at once funny, reassuring, practical, and real." Peggy Orenstein, author of *Cinderella Ate My Daughter* "Counterclockwise is an amateur cultural anthropologist's smart, inspiring narrative. It identifies the sensible, the ridiculous, and the dangerous and ultimately teaches that your birth date rarely reflects true age." Sally Koslow, author of *Slouching Toward Adulthood* "Finally a woman writer takes on lady aging without flinching. Honest, playful, and smart, Lauren Kessler's *Counterclockwise* gives us a chance to read the story of our own lives without cringing and cosmetic surgery. Run, don't walk, to buy this book before your next birthday." Lidia Yuknavitch, author of *The Chronology of Water* and *Dora: A Headcase* "Kessler takes on the marketing, (sometimes pseudo-) science, and the psychology of the anti-aging industry in this funny personal tale. Game to explore every possible manner of aging gracefully, she interviews plastic surgeons and research scientists, attends conferences, has her mitochondria and telomeres tested, downs supplements and "superfoods," takes online self-assessments, and tries new diet and exercise plans. Her journey through the temptations of quick-fix anti-aging options treats the fountain-of-youth-seeking side of us with humor and compassion." Publishers...

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