

A close-up, high-resolution photograph of a woman's face, focusing on her eyes, nose, and mouth. She has light-colored eyes and a soft smile. The image is positioned on the left side of the cover.

PAUSE AND REVERSE

How to look
YOUNGER THAN YOUR AGE
with or without cosmetic surgery

BRETT KOTLUS, MD

Cosmetic and Oculofacial Plastic Surgeon

Brett Kotlus

Pause and Reverse: How to look younger than your age with or without cosmetic surgery



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Pause and Reverse gives an in depth explanation of how exactly to look 7 – 10 years younger than your actual age with particular surgical and nonsurgical remedies and remedies. Kotlus' second book is the ultimate "user manual" for searching your best. Dr.



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Truths Revealed for a Youthful Appearance Let's encounter it, navigating the ever evolving globe of anti aging techinques can be an overpowering and expensive procedure! I can take this publication and head to any beauty counter, doctor's office or spa with an understanding of what will work best or my type of skin! Kotlus' book gives you a concise point of reference on how to strategy your facial and neck maintenance with apparent and concise explanations. Dr.. Love this book! The book is well crafted and packed with up-to-date information for all those of us who would like to slow the consequences of aging. I bookmarked several web pages to reread and reference later on!. Many thanks Dr. It's informative however easy to understand. Also, Dr Kotlus has defined the key to successful outcomes with plastic surgery. Kotlus gives useful advice and amazing solutions. You won't be disappointed! Dr..!content material that I'll never forget Fascinating, intelligent, and intensely informative! Insighful I started just wanting to browse a chapter a evening. Dr. The up to date individual makes better decisions and "Subtlety needs insight and restraint on both part of the individual and the physician". Excellent assets and informational websites/blogs. Topped off with a check out the future of anti-aging. Rookies or experienced patient, that is a winner! A clear wake up call for skin care and preventative action. Great information Extremely informative and well crafted You will love this book! Most women will try minimal alternative means before taking into consideration cosmetic surgery. But I couldn't put it down!. I'm 37 and realizing my wrinkles had been with me forever I now have ways to slow down/ end them from ageing me faster. Super easy read with a great deal of informative understanding. Kotlus for giving us options on maintaining a youthful appearance. Excellent. Kotlus performed a procedure for me personally in 2014 and I am still pleased with the outcomes. I wish he would get back to Michigan! The book is simple to read and sectioned off into logical chapters to create a nice reference for readers. essential read for anyone attempting to look their best in that one life This is a must read for anyone attempting to look their best in this one life. ... Lots of basic and honest guidance and information in one book. Strongly suggested! This publication is chock filled with valuable information to greatly help maintain and rediscover the healthy pores and skin we're born with..



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