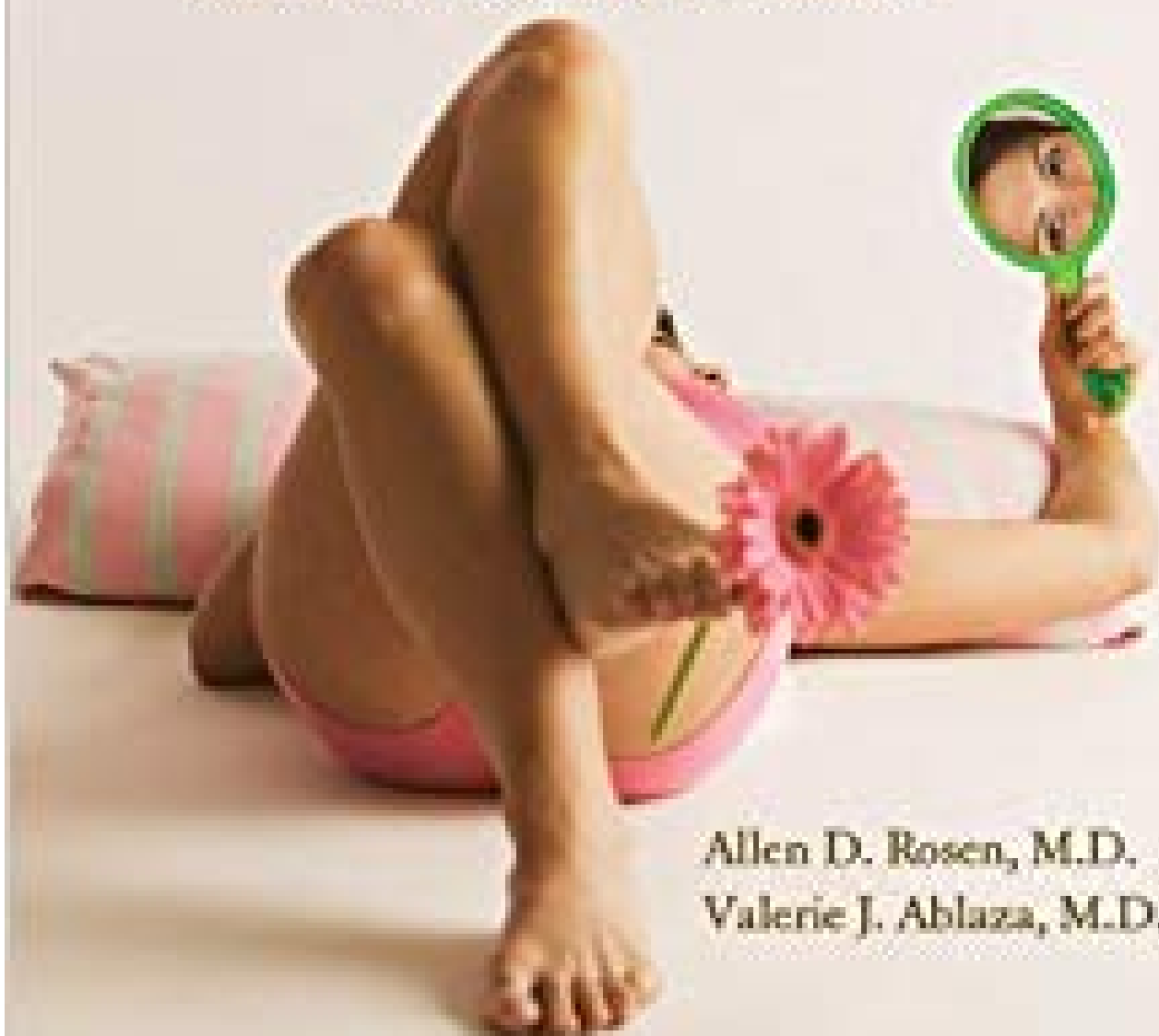


*"...the truth about plastic surgery from two of
America's top doctors." — Mehmet Oz, M.D.*

Beauty in Balance

*A Common Sense Approach to
Cosmetic Surgery and Treatments*



Allen D. Rosen, M.D.
Valerie J. Ablaza, M.D.

Allen D. Rosen and

Beauty in Balance: A Common Sense Approach to Plastic Surgery & Treatments-Less Is More



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In *Beauty in Stability*, renowned board-certified plastic material surgeons Allen Rosen, M.D., and Valerie Ablaza, M. Beth Israel Medical Center, New York, give an alternative solution point of watch to the current severe makeover fever. They explain surgical and non-surgical personal appearance choices in consumer-friendly terms." - Tag Sultan, MD, FACS; Realistic targets are outlined and risks explained in order that prospective patients could make cogent and educated decisions for themselves. "Drs. Rosen and Ablaza have provided people contemplating cosmetic surgery with a clear, concise, and honest overview of common procedures performed today. The information in *Beauty in Stability* can help you keep your goals realistic and ready your brain and body to achieve a more gorgeous you. The authors are to be congratulated. In this reserve, you will find everything you need for achieving the outcomes you wish. Chief, Division of Plastic material and Reconstructive Surgery;D.



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Great hindsight for me personally I wish that I had read this publication before surgery #1 of #15 (before age 36), most of which caused complications. Beauty in Balance A very readable however highly professional account of what you can and should expect from cosmetic surgery for elective cosmetic purposes. Gleam great section on nonsurgical options for people who want to improve or modification how they appearance. The reserve is organized specifically well for busy people-one can go directly to the parts of particular interest and discover everything you require to know in a minute. Accounts of real patients attribute to the momentum of interest for those wanting to know and read everything. As you go through it you are feeling like you are not alone in asking questions that may be difficult to ask a medical doctor face-to-face. Before scheduling an appointment for a procedure, go through this book--it will provide you with all the insight you have to obtain the outcomes you desire. Will not include reconstructive techniques. I think Drs. Rosen and Ablaza provide a fantastic perspective and sanity to an all too frequent wanton usage of surgery. Common sense to some; The decision to select cosmetic surgery is often confusing and frustrating, this publication tackles the many issues and answers the queries those considering surgery frequently have. We have known a lot of people which have had cosmetic surgery (breast, lipo, facial peels, tummy tucks, tattoo make-up) so when it was completed they didn't experience they had a true understanding of the discomfort, recovery time, limitations, etc. The book is in a format that is so easy to comprehend. This is the sort of book that gets to the point in an smart and intriguing way. It educated me on areas I did not even think to consider.. This publication is one in a million. Realistic Beauty Beauty in Stability is a book want no other. Excellent Resource Beauty in the Balance is a wonderfully written reserve covering a wide range of topics in cosmetic surgery and treatment. Dr. Rosen and Dr. It gave me a clear knowledge of the procedures which subsequently helped me to have reasonable expectations. education to others I found that "Beauty in Balance" made me feel just like We was having an individual one-on-one particular with the doctors without having to be rushed away of an office. That is a must examine for anyone considering plastic surgery. Karla L. Hall National Company of Vascular Anomalies[.] Educational and Honest During an era where aesthetic perfection is continually being force-fed to culture, it was a good change of rate to come in contact with a professional perspective that was both honest and educational... Beauty In Balance acknowledges the various reasons for a person to consider cosmetic surgery, and Drs. Rosen and Ablaza provide their readers with a step-by-step account of how exactly to properly approach cosmetic surgery. This book gives such a down-to-earth yet educated response to plastic surgery. Thank you doctors. Real Information I've bought several books and had several cosmetic procedures which is the best reserve out there. Rosen and Ablaza are two of the best possible plastic surgeons in the NYC area. The chapter on anesthesia-4 kinds and 4 ways, the chapter on what's fake or wrong or harmful about the intense makeover craze and the chapter on the FUTURE of cosmetic surgery are particularly useful and enlightening. Drs. Rosen and Ablaza clarify how exactly to achieve fabulous outcomes while setting realistic boundaries. Beauty in Balance I was truly impressed with "Beauty in Balance". Ablaza reveal the many options available using each day language. I would recommend this book for anybody contemplating cosmetic surgery. Amazing Finally, a book that isn't hype. Great book ! Many thanks Drs Rosen and Ablaza for taking themystery and extremism out of cosmetic surgery. Book Review Excellent reference book about the latest cosmetic surgery procedures for face and body. A fantastic book for those just thinking about plastic surgery, those who may experienced some and those just curious about the true scoop. Easy and straight forward with great pictures.! Very beneficial and readable! Much needed information! I'm so impressed with this reserve. It

contains clear-detailed details in a professional however easy to understand way. Drs. It provides the type of information you really want before having cosmetic surgery.



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