



THE THINKING WOMAN'S GUIDE
TO HEALTH & BEAUTY

The
**Little
Book
of
Beauty**

P. Scott Ricke, M.D.

P. Scott Ricke

The Little Book of Beauty: The Thinking Woman's Guide to Health and Beauty



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There is absolutely no shortage of beauty books on the market. Written by a board-authorized OB-GYN with a long-term aesthetic practice, THE TINY Reserve of Beauty is written from a wide perspective, that of a doctor who particularly understands medical issues women encounter and how those problems impact their appears and the overall aging process. Usually written by celebrities or superstar beauty consultants, they often times fail to look at the health issues that so significantly impact our looks. Sharing his understanding and making practical, quickly implemented suggestions for building beauty from a base of physical and emotional well-becoming, P. Scott Ricke, M. THE TINY Reserve of Beauty provides: Actions we are able to take as individuals to build the healthy foundation upon which beauty rests Information regarding products and methods that will and will not improve our appears and just why Safety tips for selecting the most appropriate products, the proper doctors, and the proper procedures Understanding of cutting-edge, non-invasive cosmetic procedures that really work. has truly written a thinking woman s information to health insurance and beauty.D.



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The Little Publication of Beauty is a BIG reward for buyers!.. It really is created in a down-to-earth design that educates and entertains the reader.. This small book is precise, yet down-to-earth. I am a doctor, and I found the delivery of information by Dr. This small book carries a large amount of weight! Practical advice, preventative care, and effective take charge information about all fill this tiny book. Strongly suggested! He presents dietary, lifestyle, medical, and non-medical options for a variety of beauty issues. It's apparent that he's cared for patients in every arenas. He uses wit, humor, and research to present information within an appealing, sensible way. Riche completely accurate and user-friendly. It offers you all the details you have to be as beautiful as you can be. Honest, Practical and Great Beauty Ideas! It's about time an honest beauty publication be written by a physician for all ladies. I so appreciated Dr. Riche's candid, incredibly useful and fun approach. Loved his realistic approach to fillers and procedures. I've recommend "The Little Publication of Beauty" to everyone. Many thanks Dr. Riche! Yowie Zowie Dr.! This is a genuine appearance at the what you should know before you spend your hard earned money. Also, it answers all of the questions you may have on how to stay gorgeous This book is ideal for men and women of any age group. Makes me proud to say, "I am an older woman. A gem full of hope! Strongly suggested! EXCELLENT Go through. Riche cuts to the chase about what functions and what doesn't. Great Doctor. I've been an individual of Dr. Riche for several years. He is this understanding, compassionate, intelligent man. You can understand and gives you an excellent advice. It is realistic, easy to check out, and filled with up-to-date tips. One you will come back to over and over again. I thank Dr.. It's a gem, small in size, big in understanding and common sense. What a reasonable, refreshing, and thorough review of beauty .. Thank you Dr. I liked this book!" Little book/ Big subject This little book of beauty is filled with helpful information.. I specifically like Dr. Riche's philosophy of not fighting aging - just take full advantage of what we have to maintain beauty and health. Very interesting chapters in what happens to epidermis as we age and descriptions of all available treatments. That is a great examine for anyone interested in growing older and its influence on our looks. The ONLY beauty book you will ever need !! As someone who is in the medical field, (along with running a hair salon) I thought I was pretty savvy in my own knowledge of health insurance and beauty. Riche's love of life makes this a very fun read certainly!! This book was chalk filled with very useful information that really covers all the bases in regards to understanding and attaining lasting beauty, inside as well as the outside. It is extremely well written, and Dr. Boy, was I wrong!!! all kinds of beauty!! Riche for composing a straightforward book for those folks that think fat could be dissolved with one shot.! Nope, unfortunately but you will have to buy the reserve to learn why not.. Like a good artwork, it gives you wish and a smile when you touch it. Enjoy! Excellent, Sensible, and Informative! This book is a superb "go to" book for all beauty questions! It answers a multitude of health insurance and beauty concerns women have.It's is well-organized and a great to pick up again and again as a reference and reminder of the steps to take to end up being beautiful. His writing design is relaxed and easy to understand.A great, intelligent, and informative beauty publication! Great reference book! Finally a health care provider who tells it like it is within an easy to digest file format. An absolute must have for all females and any guy who hopes to understand them. Great Insight An excellent read with great info. This is a great, Cliff Notes-type book of everything beauty. This fantastic book is both practical and encouraging - I recommend it to anyone who would like to be their finest self! May be called the bible of beauty! With all of the products and techniques out there, Dr. Great Book. More than simply outward appearances though, he also addresses

wellness,hormones,relationships and various other truly essential the different parts of beauty which come from within. Fantastic to make use of as reference when questions come up regarding these matters. Great book! You will like this book. Ricke really is honest about what works and what does work on your visit to the aesthetic palace. The info he imparts pays to for everyone, no matter your level of interest in beauty.!! I have been a patient of Doctor Ricke for the last four years.and I am amazing! This reserve is wonderful. Readable and most significantly, understand. I recommend it. It very useful and educational for!! Superb!. Ricke, for taking enough time writing this book.



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