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Doris Day, MD, with Jodie Gould

Beyond Beautiful

Using the Power of Your Mind and Aesthetic Breakthroughs
to Look Naturally Young and Radiant

"Dr. Day will show you how to put the
brakes on the aging process
[and] how the mind-skin connection
works to bring out your real beauty."

—Barbara Walters,
award-winning television anchor,
producer, and journalist



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"YOUR SKIN Whisperer." --Dr. Do not have another treatment, method, or buy another item before scanning this book! Day will show you how to put the brakes on growing older. Did you know that your mind is as important as any aesthetic treatment to boost the way you look? Oz, Professor of Medical procedures, Columbia University "Dr." --Barbara Walters, award-winning tv anchor, producer, and journalist Dermatologist-to-the-superstars Doris Day time, MD, explains the way the power of your mind and breakthroughs in anti-aging can help you appear and feel BEYOND BEAUTIFUL. BEYOND BEAUTIFUL will teach you how exactly to improve your self-perception, explain breakthrough remedies and products so when to make use of them, and give you a roadmap to be the most youthful, natural-looking, beautiful version of yourself! Discover ways to: boost self-confidence, combat aging, minimize crow's feet, repair lip lines and thinning, tighten your chin and neck, improve the look of veiny hands, get healthy hair and reverse hair loss, treat acne and rashes, relieve stress, look better because of sex, use makeup in every age, improve your look with facial exercises, choose the right products atlanta divorce attorneys decade, approach preventative skincare, choose the cosmetic treatments that are right for you personally, enjoy life like never before, and more!



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It had been beautifully written. Not merely provides it helped me appear ... I just browse Doris Day's new publication. It had been beautifully written. Not only provides it helped me appear beyond my imperfections nonetheless it has given me specific strategies to improve my 50+ year old skin. I unquestionably love the reserve and recommend to females (and men) like myself who wish to age gracefully. Comprehensive guide to turning back the clock Dr. You are beautiful. She has written a thorough guide to turning back again the clock with particular recommendations and tips about skin care, noninvasive and minimally invasive treatments, dietary choices, and even attaining the greatest mindset as you age group. It's really worth reading for anybody who sees the hands of time showing up on their skin and attempting to fight aging yet remain graceful. Very highly recommended! In Beyond Beautiful, Dr In Beyond Beautiful, Dr. It's the new beauty bible! Dr. There are too many chapters in her publication that relate with me to say. Day. I recommend Beyond Beautiful - both for the anti-ageing 411 and the healthy dosage of control & self-esteem you will experience after reading. Day time's book Beyond Beautiful is crucial for all age groups! I learned a lot. In this manner, she writes, you "take control over the way you discover yourself and how others see you... That assists people make wiser options in skincare. It will all become clearer and from a well trusted and reliable voice, mother of two and board certified dermatologist! I looked sleepy and mad at the same time! There are some very hard truths that really hit home for me, the most crucial being skin damage from sun exposure. Dr. This doctor learn than what my dermatologist knows! I highly recommend this fast read to anyone considering Botox, laser beam or fillers! Dr. Dr. Not merely do I look great but Personally i think great I have had function done by Dr Day time for a few years now ... Day's warm wisdom provides plenty of great info for great skin care and living your best life. She also explains the huge and confusing selection of options in any dermatologist's office. This book is crucial read for all women who . Day usually delivers in an readable style with an emphasis in areas where various other books don't usually go." I really like her approach because Dr. This book is crucial read for all women who are noticing the look of them from aging does not match their inner youth. At 43 years old and someone who does know this aesthetic sector inside and out, this book simplifies all the choices you have to help sluggish and/or turn back time. It also helps you communicate to your plank certified physician what really problems you about your aging. If you are considering about taking the next phase from skincare to additional treatments in your physician office, start here. Yes, it eliminated lines, nonetheless it relaxed the muscles so much that my eyelids started drooping and my eyelid folds hung down to my eyelashes! Encouraging, informative, and essential! Wonderful book full of encouraging words and advice. A Life-Guide for Beauty This book is an individual, beautifully written life guide with anecdotes all women can relate to.. I learn so much from her tips. It is the perfect publication that everyone will relate with! I received Botox about my forehead to eliminate lines and it was a tragedy! Thanks for writing this book. Love listening to you and reading your books. This publication explained that Botox will do this (I had no idea), and the way in which to achieve what I wanted, without using Botox! The update on staying youthful, naturally I liked this book since it gives you options on how to obtain a youthful appearance naturally without going under the knife! She researches more than some, and shares what she understands with the public. The most up to date procedures, products and medications are all explained so you are able to make the best choices for yourself. Doris Day in an amazing girl and a genius with regards to making her sufferers feel a lot more self self-confident and gorgeous from the within out. Her book is not to be skipped. I had to wait it out, and, luckily, after 9 a few months, the Botox got faded plenty of whereby my eyelids are almost back to regular and I don't look like I'm peeking out of slits! The book is a fun read - there is no one more enthusiastic about skincare and anti-ageing than Dr. I wholly recommend whoever has heard about it or who has seen her on Kelly and Ryan today on ABC to buy this book and abide by it to the "T". Day details the many options available to assist you appear and feel your greatest. Day is among the country's foremost dermatologists.. And I thought i understood it all!. As the melody says, "You are beautiful", but it is good to heard it, read it and find out new tricks to avoid and

maintain yourself both on the inside and outside. That is exactly what this book is all about. Five Stars Dr Day gives so very much information and veryi Five Stars A very informative book. I wish We knew all this when I was younger- but I will enlighten the children. Such a dedicated doctor Four Stars Good info ... stuff you need to already know. Day time - a world-expert on medical skin/locks loss/rejuvenation remedies -- describes these methods in Beyond Gorgeous, but mainly writes about how exactly women can deal with grief and all existence throws at us with wisdom, mindfulness and other nonmedical techniques she uses herself..Not merely do I appearance great but Personally i think great !! This publication is crucial read for a comprehensive approach to both looking and sense great ...?? Warm and Wise Dr. Day sees a woman as a whole being, and not just a face.



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