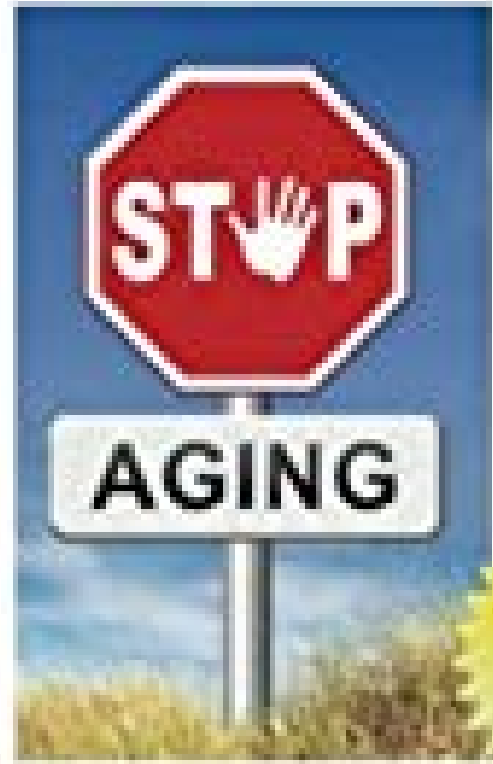


Anti-Aging

Your Amazing Itty Bitty®

Staying Young At Any Age Book

15 Simple Steps to Turn Back the Clock



#1
Best
Seller

Dianna Whitley

Dianna Whitley

Your Amazing Itty Bitty Staying Young At Any Age Book: 15 Simple Steps to Turn the Clock Back



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Dianna is certainly 71 and feels much better than she did when she was 40 – using these methods! In this innovative Itty Bitty Book, Dianna Whitley shows you simple, fast techniques to look and feel young again. Your Amazing Itty Bitty Stay Young at Any Age Book 15 Simple Steps to Turn Back the Clock 60 is the new 40, 70 is the new 50, and 80 may be the new 60! For instance: • Breathing methods that create instant energy • 6 Tension Busters that really work • Ingredients in items that create younger skin • Exercising much less and benefiting more • The 3 Major Enemies of Staying Adolescent • Spices and natural oils that reverse the aging process These pointers work – and the very best component can be that everything in this publication is simple and an easy task to follow. Stick to these simple but important 15 measures, and you will be astonished at how youthful you will become. Grab a copy of this powerful book today so that you can look and feel youthful than you ever thought possible.



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Regardless of Age, No matter HEALTH, This Little Book Will Coax You into Making Yourself FEEL MUCH BETTER EXCELLENT! Friendly and incredibly smart, this little publication ACTUALLY MAKES ME Wish TO TAKE A FEW OF WHITLEY'S SUGGESTIONS because she succinctly explains what every actions one takes, does. (Actually, this consists of touching upon each and every thing I do that's dragging me down!) The structure of itemized lists and bullets of info is just great. What great is life if we don't FEEL young What good is life if we don't FEEL young?)I also am encouraged by how big is the paperback which lends itself to being thrown into my bag. I need plenty of reminding to be habitually alert to of my behaviors and how also altering one--even section of the time--is heading to change lives.Two disclaimers: 1) I met Dianna Whitley 33 years back and she was a radiant basic beauty then, with classic all-American "cheerleader" coloring--genuine blonde hair, blue eyes and fair skin--that generally cruelly turn on women in their 50's and 60's.) So I would highly suggest this little book to anyone else who is coping with physical challenges. Like Diana's easy style and wit. Immediately after reading her publication I started implementing a few of the recommendations. Loved it! Well, obviously Dianna's suggestions function! with reminders of good sense tips, along with some new information regarding staying young. This book has some great tips for healing your body without needing medication, at least from a doctor. The information about essential oils will probably be worth the publication all on your own! Just what a great find. What a great find. I found this little reserve to be packed with great info on taking better treatment of oneself. I've already began to incorporate most of the methods that Dianna Whitley introduces in her publication and am feeling the difference already. Great quick read ... For those of us of a particular age, this is a great itty-bitty book!.. Great Reserve with many strategies for staying young! Look at her! . Five Stars Samrt, delightful, quick read. Read this book? This book was the best! Helpful and simple to use. I would recommend this itty bitty publication to anyone who wants to stay healthy, irrespective of their age! (That is one case where in fact the elegance of the white space in a publication is really, really helpful in NOT causing you to feel, "Oh, heck, what's the use! You can find so many easy-to-do suggestions, many of which I was unaware - therefore helpful! Very very easy to read and apply!. Thanks a lot for your insights, Dianna!! Although I knew most of the info that Ms. Whitely shared it really is nice to own it all in one place. 2) I was in a traumatic car accident (drunk driver heading the wrong manner on a divided highway) last summertime and was hospitalized for quite sometime. Stretching each morning is an excellent way to start your day. Lots of helpful and easy tips for everyone.! Common sense approach Common sense approach to the inevitable that most people refuse to even think about. This little book is packed filled with great here is how to take care of yourself and . Five Stars An excellent book for anti-aging.. This little book is packed filled with great here is how to take care of yourself and stay young and healthy. I read the recommendations in this reserve and know that my rate of recovery is directly tied to many of the elements Whitley discusses (I understand because as you starts recovering, one starts lapsing back into less than good practices and I could readily start to see the difference. Terri E



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