

A close-up, high-resolution photograph of a woman's face, focusing on her eyes and cheek. She has light blue eyes and fair skin. 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

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



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10 years younger than your real age with specific surgical and nonsurgical treatments and remedies. Pause and Reverse offers a detailed explanation of how exactly to appearance 7 – second book may be the ultimate “Kotlus’ Dr.user manual” for looking your best.



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Truths Revealed for a Youthful Appearance Let's face it, navigating the ever evolving globe of anti-aging techniques can be an overwhelming and expensive process! Dr. Love this book! a must read for anyone attempting to look their finest in that one life This is a must read for anyone attempting to look their finest in this one life. Most females will try minimal alternative means before taking into consideration plastic surgery. I wish he would get back to Michigan! Excellent. I bookmarked many pages to reread and reference afterwards! Great information Very informative and well crafted You will love this book! Kotlus' book gives you a concise stage of reference on how to approach your facial and neck maintenance with clear and concise explanations. It's informative yet clear to see. Dr. Kotlus gives valuable advice and amazing solutions. You won't be disappointed! Kotlus for giving us options on preserving a youthful appearance.. Strongly suggested!content that I will never forget Fascinating, intelligent, and extremely informative! A clear wake up call for skincare and preventative action. Also, Dr Kotlus provides defined the main element to successful outcomes with cosmetic surgery. The well informed patient makes better decisions and "Subtlety requires insight and restraint on both part of the patient and the doctor". Rookies or experienced patient, that is a winner! Topped away with a look into the future of anti-ageing. Excellent resources and informational websites/websites. Insighful I started just attempting to go through a chapter a evening.. . But I couldn't put it down!! I'm 37 and realizing my wrinkles had been with me for life I now have methods to slow down/ stop them from ageing me faster.. The book is well written and packed with up-to-date information for those of us who wish to slow the consequences of aging. Dr.. Many thanks Dr. The book is easy to read and separated into logical chapters to produce a nice reference for readers... Very easy read with tons of informative knowledge. Kotlus performed a procedure for me personally in 2014 and I am still pleased with the results. I could take this book and go to any beauty counter, doctor's office or spa with an understanding of exactly what will work best or my type of skin! This publication is chock filled with valuable information to help maintain and rediscover the healthful pores and skin we're born with. Plenty of simple and honest guidance and information in one book.



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