



"Dr. Day will show you how to put
the brakes on the aging process...
[and] how the latest skin-care
tricks to bring out your real beauty."
—Barbara Walters, award-winning
television writer, producer, and journalist

Beyond Beautiful

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

Doris Day, MD

with Julie Gould

READ BY RANDYE KAYE

Doris Day MD and

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



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I learned a lot. This reserve explained that Botox will do this (I had no idea), and the correct way to accomplish what I needed, without using Botox!. Extensive guide to turning back again the clock Dr. I just go through Doris Day's new book. Day details the many options available to help you look and feel your greatest. Not only has it helped me appear beyond my imperfections nonetheless it has given me specific ways of improve my 50+ year old skin. I definitely love the book and recommend to females (and guys) like myself who wish to age gracefully.. Dr. There are way too many chapters in her book that relate with me to mention. It's really worth reading for anyone who sees the hands of time showing up on the skin and wanting to fight aging however remain graceful. Not merely do I look great but Personally i think great ! It is the perfect book that everyone will relate to! It was beautifully written. The most current procedures, products and medications are explained so you can easily make the best options for yourself. The reserve is a great read - there is absolutely no one more thinking about skincare and anti-ageing than Dr. Yes, it got rid of lines, nonetheless it relaxed the muscle tissue so much that my eyelids began drooping and my eyelid folds hung right down to my eyelashes! I highly recommend Beyond Beautiful - both for the anti-maturing 411 and the healthy dose of control & self-esteem you will experience after reading. The update on staying youthful, naturally I liked this book because it gives you choices on how to obtain a youthful appearance naturally without going under the knife! It had been beautifully written. That assists people make wiser options in skincare.. And I believed i knew everything! I received Botox in my forehead to eliminate lines and it had been a disaster! Day. In addition, it helps you connect to your table certified physician what really issues you about your ageing. I highly recommend this fast read to anyone considering Botox, laser beam or fillers! Not only provides it helped me appear . This doctor know more than what my dermatologist knows! I had to wait it out, and, fortunately, after 9 months, the Botox had faded plenty of whereby my eyelids are nearly back to normal and I don't look like I'm peeking out of slits! A Life-Guide for Beauty This book is a personal, beautifully written life guide with anecdotes all women can relate with. Dr. That is just what this book is focused on. In this way, she writes, you "take control over the way you discover yourself and how others observe you." I really like her strategy because Dr. Time sees a woman as a whole being, and not just a encounter. She also explains the vast and confusing array of options in virtually any dermatologist's office. This book is crucial read for all women who ... This book is crucial read for all women who are noticing their appearance from aging will not match their inner youth. Doris Day in an amazing woman and a genius with regards to making her individuals feel so much more self assured and gorgeous from the within out. I looked sleepy and mad at the same time! If you are thinking about taking the next step from skincare to other treatments in a medical doctor office, start here. It will all become clearer and from a well trusted and trustworthy voice, mom of two and board certified dermatologist! Encouraging, informative, and important!. Dr. Day generally delivers in an readable design with an emphasis in areas where various other books don't generally go. I learn therefore much from her tips. She researches more than some, and shares what she knows with the general public.. Thanks for composing this book. Love listening to you and reading your books. Day is among the country's foremost dermatologists. Time's book Beyond Gorgeous is crucial for all ages! In Beyond Beautiful, Dr In Beyond Beautiful, Dr.. At 43 years previous and someone who does know this aesthetic industry inside and out, this reserve simplifies all the choices you have to help gradual and/or reverse time. Her book isn't to be missed. There are some very tough truths that really hit house for me, the most crucial being skin damage from sun exposure. She has written a thorough guide to turning back the clock with particular recommendations and tips on skin care, noninvasive and minimally invasive remedies,

dietary choices, and even attaining the best mindset as you age group. Great interesting book with all kinds of tips, tricks etc. It is the brand-new beauty bible!. Doris Day! I wholly recommend anyone who has heard about it or who provides seen her on Kelly and Ryan today on ABC to get this book and follow it to the "T". This is a book for all females who would like to age in a wholesome proactive way - making your very own informed options & decisions. Everybody is unique! You are beautiful. Wonderful book filled with encouraging words and advice. Dr.. As the melody says, "You are beautiful", nonetheless it is great to heard it, browse it and learn new tricks to prevent and maintain yourself both on the inside and outside. Day time - a world-expert on medical skin/locks loss/rejuvenation treatments – describes these methods in Beyond Beautiful, but mainly writes about how women can deal with grief and all lifestyle throws at us with wisdom, mindfulness and additional nonmedical techniques she uses herself. Five Stars Dr Day gives so very much information and veryi Five Stars An extremely informative book. I wish We knew all this when We was younger- but I'll enlighten the children. Such a dedicated doctor Four Stars Good info ... stuff one should already know. Not only do I look great but I feel great I have had work done by Dr Time for a few years now .. Very highly recommended!! This book is crucial read for a thorough approach to both looking and feeling great . Love Dr..??



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