



My Anti-Aging Secrets: How to Look and Feel 10 Years Younger. Tips to Regain Natural Ageless Beauty Fast. the Best Healthy Diet, Face Treatments, Body Exercise and Mind Positivity. (Paperback)

By Ori Laor

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Getting older no longer means that you have to look your age In fact, there are many ways to keep yourself looking and feeling young. In this book, you will find all the information you need to start your Anti-aging journey. Anti-Aging is about looking good and feeling good! It starts from within and our face is a mirror to what is going on inside. Anti-Aging must be seen in a more holistic approach, what nutritional ingredients we put in our body, how we treat our Face and skin and how we train our mind to feel young. If we want to stay young we should put extra effort in our daily routine including all aspects of life, like taking care of our nutrition, Skin and Body care, Supplements, Exercise and get peace in our mind. In This book I will take your hand and guide you throw everything you need to do to stop yourself from aging. I will help you achieve easily and in a natural way the most important secret about how to make the best to your...



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