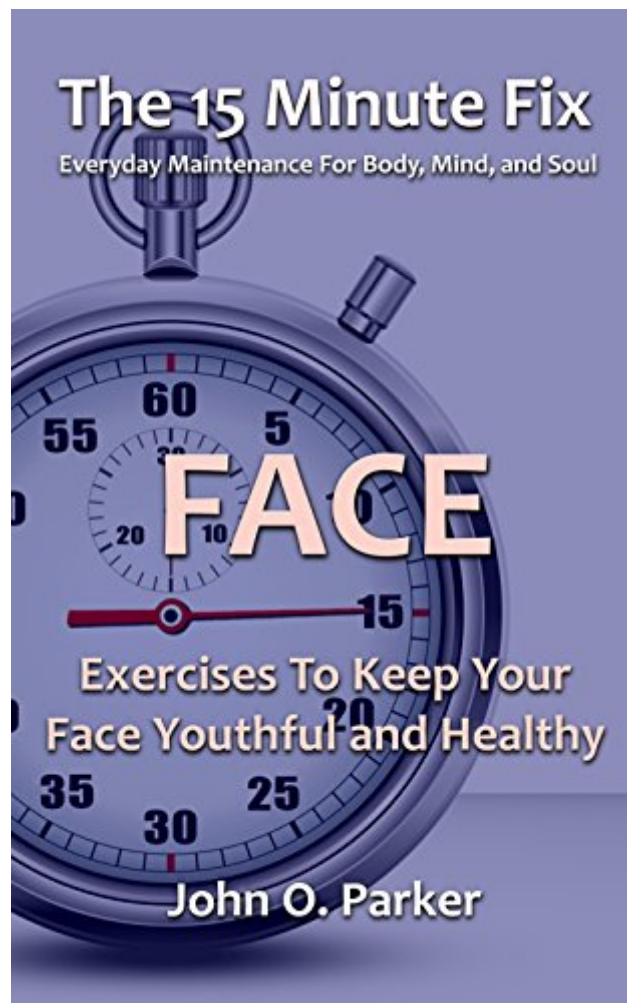




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The 15 Minute Fix: FACE: Exercises To Keep Your Face Youthful And Healthy



Synopsis

Is your face showing its age a bit more than you would like? Is your lifestyle making you look older than you are? Do you want to be one of those people who retain a healthy, youthful look throughout your life? If so, The 15 Minute Fix: FACE is here to help. This book will teach you how to use face exercises to make your skin smoother, firmer, and healthier without the risk and plastic look of invasive procedures. You will also learn to use facial exercises to alleviate stress, sharpen cognitive function, improve communication skills, boost your confidence, and improve your overall health. It's like yoga for your face. These exercises have been designed to act as a natural face lift as part of an overall anti-aging strategy. The program is specifically designed to help you develop a younger looking face without cutting into your busy schedule. In less than 15 minutes a day, you can use these facial workouts to tackle wrinkles, bags or dark circles under the eyes, double chins, turkey neck, jowls, sagging cheeks, laugh lines and more. In addition to 56 different facial exercises targeting all parts of the face, including neck, chin, lips, cheeks, nose, eyes, and forehead, you will find: -Progress tracking tools -Sample workout plans -Tips for taking care of your face and promoting healthy skin -Suggestions on foods that are good for your face -Descriptions of topical ingredients that are good for your face - and others that are bad for your face -Further supporting materials are also available at www.the15minutefix.com The 15 Minute Fix: FACE will appeal to anyone who wants younger looking skin, but doesn't want the expense or risk of plastic surgery. You may not be able to entirely erase wrinkles, but The 15 Minute Fix: FACE will help you develop a youthful, vibrant face in just 15 minutes a day. These exercises for aging are not only designed to help you look young naturally, their numerous side benefits will help improve your quality of life. About The 15 Minute Fix: The 15 Minute Fix is a series of programs designed to help you age well. Regardless of how old you are now, 15 Minute Fix programs can teach you how to take care of yourself so that you stay healthy and youthful for many years. In addition to the main target area of each book (vision in this case), these anti-aging exercises will help you reduce stress, improve cognitive function, and otherwise promote a youthful mind, body, and soul. The 15 Minute Fix follows the tradition of innovative exercise programs such as Tim Ferriss's 4-Hour Body and Tony Horton's P90X series.

Book Information

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Customer Reviews

There is a quote by Lauren Bacall at the very beginning of this book where she says a persons face tells their whole life story, and to be Proud of that. I agree with the dear lady. I got this as much for myself as for my own lady-friend, and I think she has put it to better use than me! Heh-In any case, this is super informative & is arranged as a 'planner & instruction manual' of sorts. There is terrific background, benefits of stress reduction-- and of course exercises and other means to work your entire face. and very naturally. Crisp and to the point, no time-waster here, and I swear I see the benefits in my sig- other all the time. Peace of mind and confidence are just side-bennies to this.

Quick delivery. I wish there were pictures as it is very difficult to follow the directions. I have not exercised daily as it does require reading the direction over and over and I do not know if I am doing it correctly. I do see some improvement.

This book wiped 10 years of age, right off my face. Everyone keeps accusing me of Botox or a face lift. This easy to read guide taught me step by step facial exercises, in 15 min. I do them daily to maintain a more youthful tightened look. All my friends keep asking what my secret is, I'll never tell, while there out spending thousands in Botox, I'll continue to do my exercises.

Marvelous work here! I was starting to show signs of aging and I bought every wrinkle cream you could think of, and well, nothing worked. I did some research and found, The 15 minute fix. Who would of known that face exercises could tighten, firm and smooth away wrinkles. I'm very impressed, great book!

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The 15 Minute Fix: FACE: Exercises To Keep Your Face Youthful and Healthy Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Face to Face with Wolves (Face to Face with Animals) Face to Face: Praying the Scriptures for Spiritual Growth: 2 (Face to Face / Spiritual Growth) Face to Face with Polar Bears (Face to Face with Animals) The 15 Minute Fix: VISION: Eye Exercises Designed To Relieve Stress, Improve Cognitive Function, Increase Energy Levels, and Help You See Better Small Time Operator: How to Start Your Own Business, Keep Your Books, Pay Your Taxes, and Stay Out of Trouble (Small Time Operator: How to Start Your ... Keep Yourbooks, Pay Your Taxes, & Stay Ou) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Salad Dressing: 59 Healthy Homemade Salad Dressing Recipes For Vegetarian, Vegan, And Plant Based Diet. No Oil. No Mayo. No Vinegar. (Healthy Recipes. Healthy Cookbooks To Keep In Your Kitchen.) Credit Repair: 10 Proven Steps to Fix, Repair, and Raise Your Credit Score (Fix Your Credit Score) Body Scrubs: 30 Organic Homemade Body And Face Scrubs, The Best All-Natural Recipes For Soft, Radiant And Youthful Skin (Organic Body Care Recipes, Homemade Beauty Products, Bath Teas Book 1) 10 Years Younger: Look Younger With Yoga Face Exercises, Get Rid of Wrinkles & Take 10 Years off Your Face in 8 Mins A Day (Health & Beauty Series Book 3) Five-Minute Face-lift: A Daily Program for a Beautiful, Wrinkle-Free Face The 5-Minute Facial Workout: 30 Exercises for a Naturally Beautiful Face Some Like It Cold: 40 Iced Coffee Recipes - Keep your Cool and Get Your Caffeine Fix Face Painting: The Ultimate Guide to Face Painting Supplies and Face Painting Kits Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy SKIN CARE: The Secrets To A Healthy Youthful and Glowing Skin How Innovation Really Works: Using the Trillion-Dollar R&D Fix to Drive Growth: Using the Trillion-Dollar R&D Fix to Drive Growth (Business Books) 15-Minute Body Fix: Resize Your Thighs, Blast Belly Fat & Sculpt Lean Arms!

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