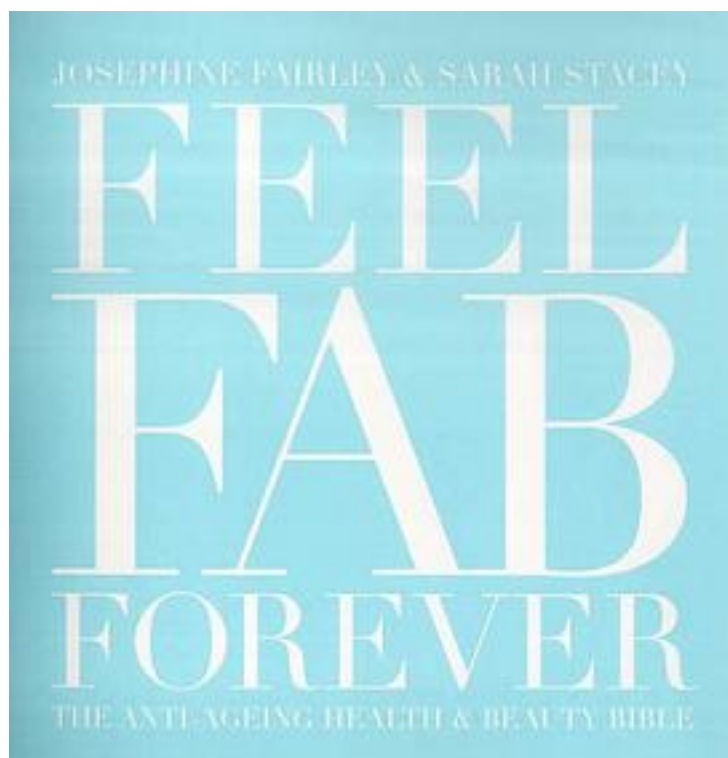


# Feel Fab Forever



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You can turn back the clock: learn how with the ultimate women's guide to positive aging, from the authors of The Beauty Bible

Last year's publication of The Beauty Bible provided readers with

the most lavish and comprehensive one-stop reference to the world of beauty products and makeovers ever published. Now, with this revolutionary new book, health and beauty experts Josephine Fairley and Sarah Stacey once again break new

ground, bringing together in one volume everything a woman needs to know about anti-aging--for face and body, mind and soul.

Drawing on the author's combined experience, as well as hundreds of interviews with leading experts in their fields, Feel Fabulous Forever is a unique compendium of wisdom on aging gorgeously--from make-up to menopause, hair cuts to hair loss, skincare to sex, facelifts to fitness. This easy-to-follow guide provides information on everything from gray hair, miracle creams, cosmetic surgery (and its alternatives) and HRT, to instant energy boosters, sleep-better strategies, age-reversing make-up tricks, skincare, nutrition, supplements and simple exercise to integrate into your life. Personal stories from women in their forties, fifties, and sixties--as well as celebrity tips--provide yet more inspiration. Illustrated throughout with color photographs and drawings, this book is designed to help every woman, young and old, look and be fabulous--now and forever!

作者介绍:

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美容书籍

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