

The Perricone Prescription Personal Journal

NICHOLAS PERRICONE, M.D.

The Perricone Prescription Personal Journal



Bestselling Author of
THE WRINKLE CURE

Companion
to the #1
NEW YORK TIMES
BESTSELLER

*Your Total Body
and
Face Rejuvenation
Daybook*



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Put the power of The Perricone Prescription into your life! In his #1 New York Times bestseller The Perricone Prescription , Dr. Nicholas Perricone presented his life-changing program to help you look and feel youthful, strong, and healthy -- inside and out. Now, in The Perricone Prescription Personal Journal , Dr. Perricone provides a twelve-week, day-by-day guide to everything you need to put his program to work in your life -- today! This elegantly designed daybook is the perfect companion on your exciting journey to total body and face rejuvenation, giving you: Delicious day-by-day menu plans Suggested workout activities Step-by-step daily skin care routine Tips for staying motivated Inspirational quotes from Dr. Perricone

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