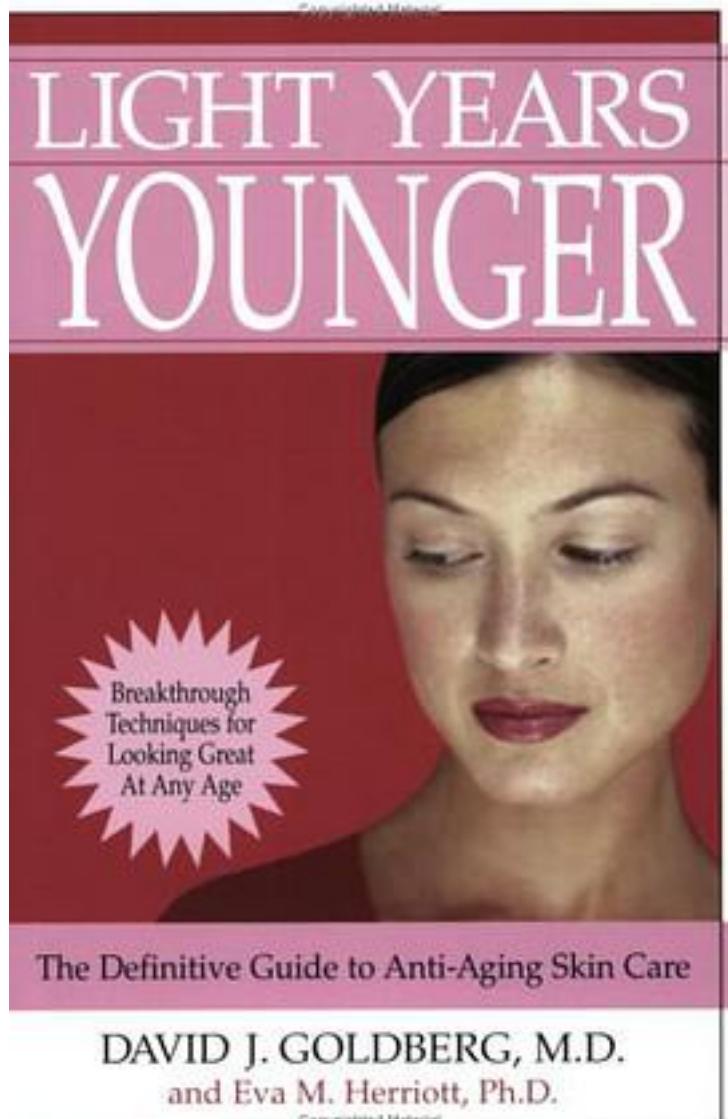


Light Years Younger



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There is one question, which every woman in this country (and increasing numbers of men), ask with increasing frequency as they get older, "What can I do to stay young and good-looking for as long as possible?" In "Light Years Younger" dermatologist and laser-skin specialist David J. Goldberg provides an in-depth discussion of many of the new anti-aging skin care treatments, providing readers the information they need to make informed choices. The changes that are happening in this field such as light-based treatments for reducing photo-aging, new, minimally invasive lasers which may actually prevent wrinkles by stimulating the formation of new collagen, and the recent availability of well-researched anti-wrinkle creams, and more are all covered in detail. Light Years Younger is one of the first books to focus on the numerous new non-invasive, anti-aging techniques that have emerged in the last two decades.

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