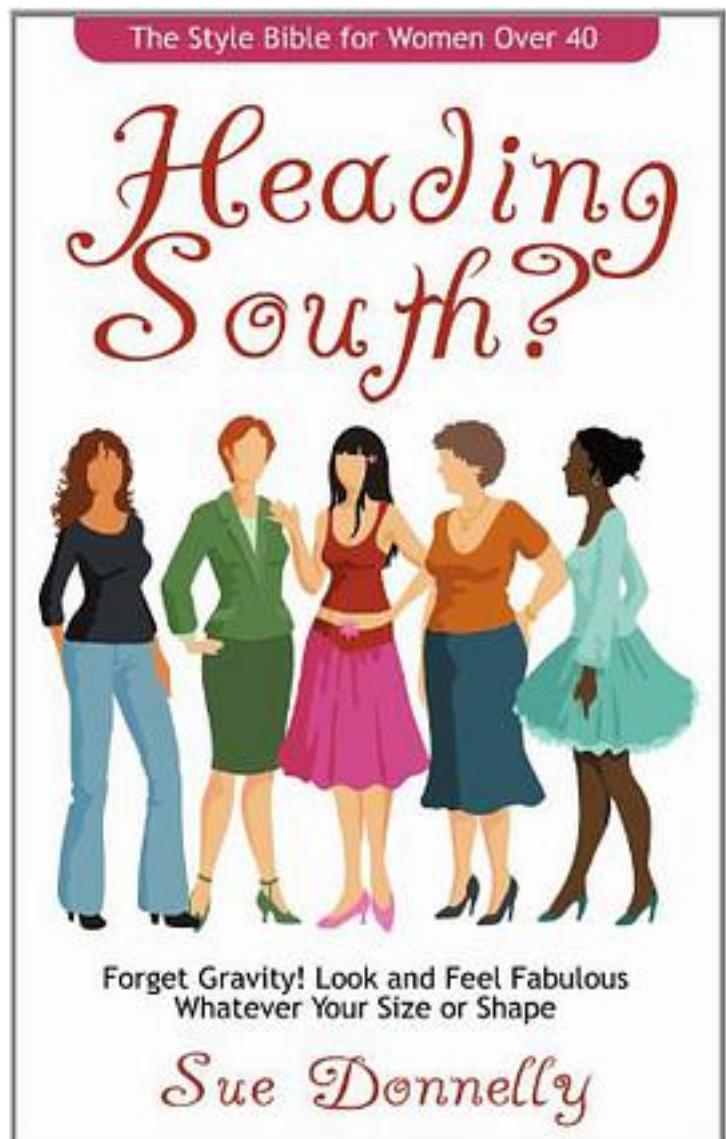


# Heading South?



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出版者:Lightning Source Inc

出版时间:

装帧:Pap

isbn:9781905430185

Forget Gravity Look and Feel Fabulous Whatever Your Size or Shape I dont know about you, but when I look in the mirror these days its always a bit of a shock. Whats happened to my body? The bags under my eyes could easily hold the weekly supermarket shopping. My bottom is desperately trying to reach my knees and I have a roll of flesh round my middle that would come in handy if I happened to be drowning. Im also pretty sure I have cellulite, but Id need to pop my specs on to make absolutely certain As we get a little bit older and wiser it seems that gravity begins to take its toll and more and more of our body parts start to head south. But you no longer have to take it lying down In this book Ill share a few tricks of the trade on clothing, makeup, hair and accessories you can use to look your sensational self without endless dieting or resorting to the surgeons scalpel. If, like me, you are around 50 years old then the world should be your oyster. This is the time when we have more freedom, more wealth and more wisdom than in our previous years. Gone are the days when reaching 50 means elasticated waistbands and tightly permed grey hair. You can still turn heads even when you are older

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