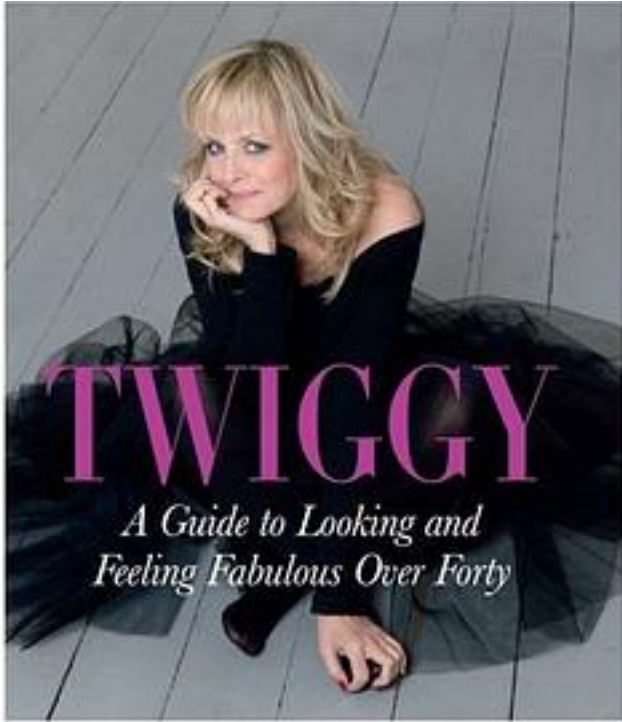


# A Guide to Looking and Feeling Fabulous Over Forty



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When we reach our forties, something changes. Suddenly nothing - hair, skin, body shape - looks quite the way it used to. And it's a myth to think that by using Botox, working out religiously and wearing skinny jeans you're going to fool people into thinking you're thirty. Nothing can stop the ageing process. But that doesn't mean that you have to start wearing a twin set, cutting your hair and donning sensible shoes. You can find a new kind of beauty and a new way of being confident - why shouldn't forty, fifty or sixty be as beautiful as twenty or thirty in a different way? Twiggy is as beautiful

in her fifties as she was in her twenties, and has maintained her style and fabulousness without the aid of any plastic surgery. Women everywhere look at her as a role model and think 'Maybe I can look like that'. And now, with this practical guide containing hundreds of tips, you can...

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目录:

[A Guide to Looking and Feeling Fabulous Over Forty\\_ 下载链接1\\_](#)

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