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CLOCK: NATURAL WAYS TO STAYING
HEALTHIER LOOKING YOUNGER BY
MALINI WHITE**



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To
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Healthier
Looking
Younger

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Stop That Ticking Clock!

Growing old is welcome simply because the alternative is unacceptable. But, what is definitely not welcome is the constant ticking of the “aging” clock in our minds, leading to the mad rush for those expensive beauty products & health supplements and sometimes even going under the surgeon’s knife to satisfy our natural urge to look young & beautiful.

Can we stop the ticking clock for a while or slow it down a bit in some natural & simpler ways?

Natural Ways to Staying Healthier, Looking Younger

In this e-book we will explore just what you can do in order to slow down that ticking clock, turn it back a little, and perhaps even keep it still and static for longer. We’ll talk about how you can help your body become the healthy temple it deserves to be, through diet, exercise, and a few other tricks of the staying young trade.

The book helps you discover :

- Secrets of Looking Young
- How to Retain your Youthful Skin
- Diet Tips for Anti Aging
- Regular Exercise & Yoga for a Healthy You
- How to Manage Your Emotional Health
- Medicines & Supplements for a Youthful Look
- Feeling Younger to Look Younger

Written by a woman for women

This is a unique anti-aging guide written by a woman for women, who want to look younger and remain healthier without going under a surgeon’s knife and without sending their credit cards on an expensive outing. Following her personal anti-aging routines, the author explains how simple and natural remedies available to us, could lead to that everlasting youthful glow and vitality. She also explains why it is important for women to manage their emotional health to retain their youth and beauty.

Download your copy today!

The book is available on your Kindle device and through the Kindle App on other devices like, PC, Mac, smart phone and tablet.

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Logical Approach to Anti Aging

By maria matthews

Anti Aging - Stop that ticking Clock - Natural ways to staying healthier, looking younger - Malini White

An easy read for any woman regardless of her age who wants a practical advice on how to be healthy and grow old gracefully with as few wrinkles as possible.

From its title the book promises to deliver an answer. And it does, not one answer and not a miraculous one pill solves all problems but a simple logical way to look at what effects every woman no matter her life style - aging and how we can deal with it.

It accomplishes this by reminding us of some very practical pieces of advice we received during our younger years, you are what you eat, your skincare regime is the most important contributor to good healthy skin and being active is not a duty but an aid to promoting health and well being.

It is an easy book to read as the tone of the book is that of a friend sitting having coffee with you.

I enjoyed reading it and gained a lot from it but felt it could have gone a little deeper into some of her statements, maybe even taken one or two case studies of how women have improved their health etc by taking more exercise, being practical about nutrition and not spending a fortune hunting for that miracle pill which will make us look twenty years younger. I did wonder, how many of us fifty something year olds would wish to go back to that era of our lives?

I had forgotten how much emphasis is placed on how we look today, and the book reminded me of this, which is perhaps a good thing as beyond having a strict skincare routine since I was a teenager, I now know it is time to make adjustments such as taking supplements etc.

I was hoping for a few recommendations as with regard to dealing with skin problems as we age but that is perhaps only a personal gripe. On the whole I enjoyed the book.

I would recommend it to all women young and old as we do become complacent about working on a daily routine to help us age slowly or more importantly age with less health complaints and less wrinkles.

0 of 0 people found the following review helpful.

In the ebook Anti-aging the author Malini White is like a good friend that gives the today's woman not ...

By Sharnetha Roberson

In the ebook Anti-aging the author Malini White is like a good friend that gives the today's woman not only facts, however she offers truth

About anti aging. For woman as we get older appearance seems to matter more and more;especially with all the expectations of what a woman should look like through social media.

The author addresses, how doing everyday things such as exercise,eating right, vitamins,healthy eating can improve the appearance of your skin.

This ebook was a relaxing and easy read.

0 of 0 people found the following review helpful.

The advice in Anti Aging is pretty standard, you can get most or all of ...

By Allison W.

I was given a copy of this book for an honest review.

It took me awhile to get through this book, because I wanted read it thoroughly. The advice in Anti Aging is pretty standard, you can get most or all of the tips off of Google, and also in magazines.

If you don't want to Google or buy magazines, this book is for you.

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