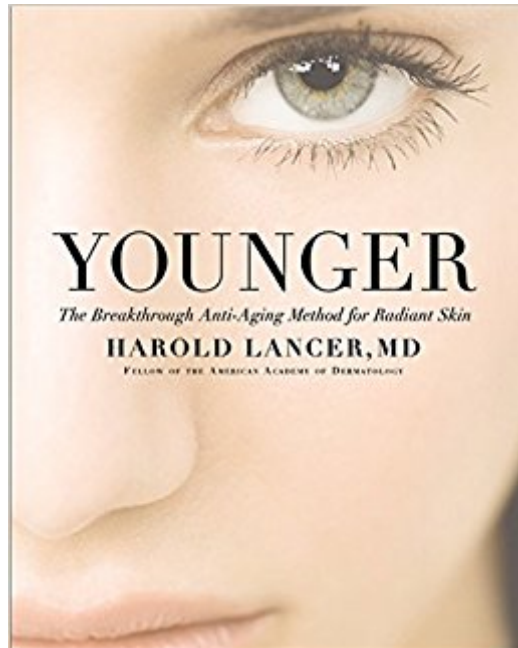


The book was found

Younger: The Breakthrough Anti-Aging Method For Radiant Skin



Synopsis

Renowned Beverly Hills dermatologist Dr. Harold Lancer is the expert on whom Hollywood's top celebrities rely to maintain their radiant complexions and to reverse the effects of aging. Now, he offers readers his groundbreaking, 3-Step Method to rejuvenate their skin at home. Based on years of clinical research, Dr. Lancer's regimen stimulates the skin's own transformative healing power for lasting results. He provides a road map to help readers navigate the mixed messages of today's dermatological advice, avoid expensive invasive treatments, and see through the empty promises of so many beauty products. He recommends the most effective skin care products for every budget from drugstores, department stores, and spas. He suggests surprising lifestyle choices in diet, exercise, and stress management that support beautiful skin. Whether the reader wants to maintain youthful skin or reverse the aging process, Dr. Lancer's Anti-Aging Method offers a comprehensive program for ageless, radiant skin.

Book Information

Hardcover: 272 pages

Publisher: Grand Central Life & Style (February 4, 2014)

Language: English

ISBN-10: 1455548901

ISBN-13: 978-1455548903

Product Dimensions: 8 x 1.1 x 9.6 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 71 customer reviews

Best Sellers Rank: #96,708 in Books (See Top 100 in Books) #7 in [Books > Health, Fitness & Dieting > Aging > Beauty, Grooming & Style](#) #179 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style](#) #9070 in [Books > Self-Help](#)

Customer Reviews

"I love Dr. Lancer. I've been using his skin care products for years and the results are amazing. The other day I was even mistaken for a porcelain goose!" -Ellen Degeneres
"Dr. Lancer is the best of the best. He's the only skincare doctor I ever recommend to people because he's just, simply put... that GOOD." -Ryan Seacrest
"I trust Dr. Lancer as my all-knowing skincare guru. Dr. Lancer and his products are perfection." -Kim Kardashian
"Getting results is important to me, and so is transformation. I rely on Dr. Lancer to keep my skin as fit as my body. In this book, Dr. Lancer gives you his simple, at-home method to bring your skin to life and to make it glow. His comprehensive

program goes way beyond skin care, because your lifestyle choices are visible in your skin's appearance. You do not have to go to Beverly Hills to get star treatment. Reading Younger will give you the benefit of Dr. Lancer's genius. You will see big changes quickly, so get moving." -Jillian Michaels"Dr. Lancer, thank you for always giving me a 'sexy pussycat doll' makeover. Can't live without my skin buffers! -Robin Antin"Since being introduced to Dr. Lancer, the overall psychology, wisdom, and routine has been a major game changer in my life. As a woman in the beauty business, and being continuously on the go, his approach combined with his treatments and products have not only significantly changed my skin, but also the way I carry out my daily tasks." -Cristina Ehrlich>

Harold Lancer, MD, FAAD is a medical graduate of the University of California, San Diego and completed his Dermatology Residency at Harvard Medical School. He is board certified in dermatology and has been practicing for 30 years. His Lancer Rx skincare line is available nationally at Nordstrom's and on his website, www.LancerSkinCare.com. AUTH. WEBSITE: <http://www.lancerdermatology.com/> AUTH. TWITTER ID: @DrLancerRx AUTH. FACEBOOK: <http://facebook.com/Lancerskincare>

as advertised.

Great book

Great practical advice on treatments to do at home for smoother young skin. Dr. Lancer did not push his own products but instead gave the ingredients that are beneficial. Really enjoyed it and will use it in my practice.

good

It is OK Not overly impressed with it

thank you so much !

Love love love!

This is a fantastic resource! Exceeded expectations. Dr. Lancer shares his 5-star expertise and advice with everyone. There is a game-plan for every budget here. I especially appreciated the detailed ingredient breakdown that demystifies the various anti-aging product components, for those of us who want the technical know-how so we can "fish for ourselves." This belongs on the bookshelf of anyone who wants better skin or wants to maintain what they have. Bravo Dr. Lancer!

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Carb, Paleo, Meals, Diet Plan, Cleanse, Whole Food, Weight Loss, For Beginners

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