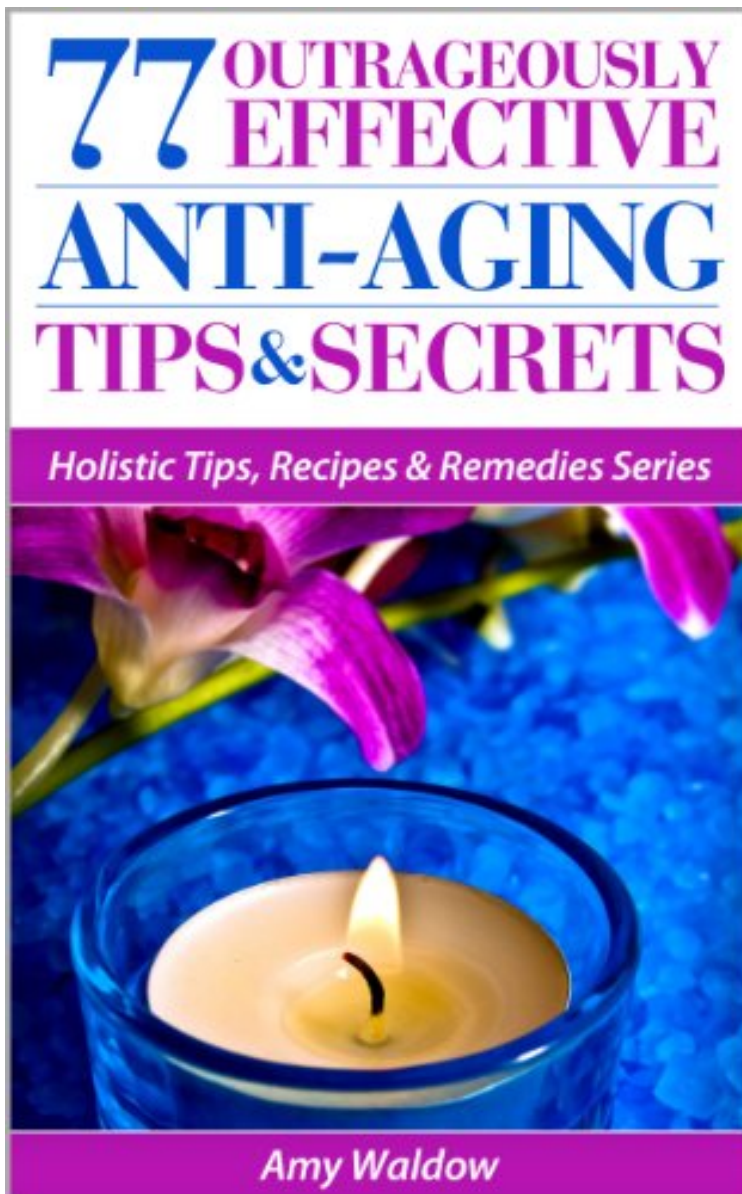


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erase visible and non-visible signs of aging with proven treatments and techniques that will add quality years to your life. From skin care, fitness, and nutrition, to emotional health and happiness boosters--you will discover that by making simple, healthy, positive lifestyle choices, you can naturally transform your health, looks, attitude, and entire life. So, if you're feeling tired, sluggish, wrinkled, foggy brained, overweight, depressed, unhealthy, and just plain old before your time, and you're wondering what you can do to look younger and feel your best without resorting to drastic measures like prescription drugs and cosmetic surgery--this book is for you!

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Biographie de l'auteur
Amy Waldow is a single mom of 6 and grandmother of 10, who resides in a Chicagoland suburb. Having always had a strong interest in health and anti-aging, Amy worked in the skin care and beauty industry for a number of years as a Holistic Esthetician before pursuing her passion for writing. In 2005, Amy created an anti-aging and health wellness blog, and as a web author and online publisher, she researches and writes on all aspects of anti-aging.