

g: The Ultimate Anti-Aging Strategy to Feel and Look

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Synopsis

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Beauty is only skin deep. Inner beauty radiates from within as you look into the mirror. It is essential, at any age, that you develop a strategy that will make sure you look and feel younger. Often, our lives are so consumed with helping others that we forget about our own self-love. *Anti Aging* will show how to take control and combat the aging process. It will educate listeners on how they can control how fast or slow they age. It will focus on fine-tuning mental clarity to rid your mind of any negative thoughts. It will show how to end depression which will help prevent wrinkles and disease. This audiobook provides the "fountain of youth" formula that will allow you to age gracefully. It will show how you must prepare yourself both mentally and physically to enable the positive energy to allow you to feel and look your best!

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