

<<Living Principal: Lo>>

图书基本信息

书名：<<Living Principal: Looking and Feeling Your Best at Every Age (精装)>>

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内容概要

在线阅读本书

Victoria Principal, television star, bestselling author (, , and), and entrepreneur, now shares with us, in the long-awaited , her program for living youthfully and maturing healthfully.

Having recently turned fifty, Victoria is the perfect spokesperson for women who want to feel and look their very best at every age. Her book can be used as a complete anti-aging plan, or each of the nine straightforward chapters can be used to meet specific goals or needs. Beginning with taking charge of your attitude and committing yourself to total mind-body health, Victoria outlines the need for routine and balance in your life. She offers a practical and easy-to-follow 30-Day Diet to Lose regimen with more than thirty-five recipes, an outline of the proper uses for vitamins and supplements, and an exercise plan incorporating tips on posture, pace, balance, and movement.

Victoria is an expert on skin and hair care, and she offers women a tutorial not only in these familiar areas but also in two beauty essentials that are often overlooked eye and teeth care. She also prepares women for growing older gracefully (what she calls youthful maturity) by offering an in-depth guide to plastic surgery, understanding hormones, and staying sexy after fifty. doesn't just concern itself with aesthetic beauty, though. Victoria encourages women to tend their souls, and explains how this can be accomplished with just Ten Minutes of Joy a day.

In , Victoria Principal offers a thirty-day plan to begin the journey to a lifetime of whole-health.

From the bestselling author of , , and comes a program to help women of any age incorporate realistic changes into their lives, to better themselves one step at a time, inside and out.

9 Living Principals:

Slim down with the 30-Day Diet to Lose or quickly drop a few pounds with the seven-day Bikini Diet.

Keep weight off with a balanced Diet for Life.

Commit to whole-health with vitamins and supplements rich in antioxidants.

Exercise anytime, anywhere. Use toning exercises to firm up your body while waiting in line, sitting at your desk, and even shopping.

Develop a lifetime of beauty with regular skin, hair, teeth, and eye care.

Stay sexy and change your attitude with tips on youthful maturity.

Simplify your life by using Victoria's 1 to 10 scale to prioritize your daily routine.

Make a daily practice of finding Ten Minutes of Joy each day to tend to your soul.

Follow Victoria's thirty-day program to look and feel ten years younger.

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