



# **Look Younger: Women's Handbook to Looking Young and Staying Young (Life Simplified)**

*Jenna Patterson, Life Simplified*

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## **Look Younger – Women’s Handbook to Looking Young and Staying Young**

**Do you want to look younger? Erase wrinkles? Get rid of cellulite?**

With this book, you have a comprehensive guide on how to look younger and fight the aging process. These are proven strategies that will actually work and these are all things you can do without having to stretch your budget.

**DISCOVER PROVEN METHODS FOR BECOMING YOUNGER FROM THE INSIDE OUT!**

Also, you’ll discover..

15 super foods that slow or even reverse the signs of aging

Detailed anti-aging workout plans

7 easy recipes for effective skin treatments that you can make at home in your own kitchen

And much more!

## **Table of Contents**

### **Chapter 1: The 7 Causes of Aging**

Discover the 7 factors that cause the physical signs of aging

### **Chapter 2: The Age Defying Diet**

Learn what foods to eat and what foods to avoid in order to look and feel younger

### **Chapter 3: Exercise Your Way to Youth**

Discover detailed anti-aging workout plans and get tips for exercising

## **Chapter 4: Reverse the Aging Process with Home Remedies**

Find home remedies that you can make in your kitchen to treat cellulite, wrinkles, liver spots and more

## **Chapter 5: Freshen Up Your Wardrobe and Look Younger**

Get fashion tips to look younger while still being your naturally elegant and beautiful self

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