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10 Years Younger: 21 Surprising Techniques To Turn Back Time



Synopsis

Imagine looking & feeling youthful, vital and 10 years younger! Based on years of personal research and client feedback, best-selling author, naturopath and health coach Kylie Ansett answers the question: What is the secret to looking and feeling younger? What if looking younger was this easy? Is there a way to turn back time? Discover the secret to - Whiter teeth without chemicals
Flawless skin in under 5 minutes a day Unlimited energy using one simple routine Detoxifying every cell of your body Sleeping like a baby & waking refreshed & revived every day And so much more! Do you wish you could keep up with your kids? Do you need coffee to get you going in the morning, then something to wind down at night? Do you wish you had the energy you used to have? That your body was less stiff? Do you fear getting older? Does it feel like your body is letting you down? Or like you are on an inevitable, unstoppable decline? What if you could start looking younger instead of older every day? Can you recapture the energy, vitality and health of your youth? 10 Years Younger empowers YOU. To take control of your aging. To better understand your body. And to have fun while you do it. At the heart of it this book the message is to learn to listen to your body and to treat it with respect. Practical, actionable and told with a sense of humor Don't ever catch yourself saying "I'm too old to do that" again. Looking and feeling younger is possible. Within this book you will discover some surprising and unusual techniques that are easy to do and that get results fast. Praise for 10 Years Younger
Straightforward and practical advice for anyone who wants to be more conscious about their health, looks and life choices. - Harmony Davis
An excellent resource to keep us healthy and younger looking. - Deborah Sutton
Read this and your body will thank you. - Julie Well written and concise, with good summaries at the end of each chapter. - J
An upbeat and original book, about aging well. - Geraldine Helen Harman
Discover the Secret Elixir of Youth. Click the BUY NOW button at the top of this page

Book Information

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Customer Reviews

Great advice for experienced and newbies alike. I appreciated the humor and directness of Kylie's writing in this precise and fun approach to wellness. As someone who reads up on and follows a wellness based lifestyle already, some of the suggestions are not new to me, but I appreciated the reminders all the same. The chapter on eyesight is intriguing and something I plan to implement as my 40-something eyes are starting to change. Overall, a well-covered range of ideas are given and explained. Recommended!

I love Kylie's book. It is very easy and simple to read. Has some humor and I loved the affective exercises that are contained within. ! I never thought about them before and I could use them now!

What a brilliant idea! Kylie is both practical and compelling and gives the most amazing ideas for how to look and feel 10 years younger. What I like the best is the 'try it on' approach. Try them all and see what fits. Some will work better than others and that's ok. Just get started and turn back the hands of time.

I have been moving towards most of these ideas and now I feel that I am on the right track. Thank you.

A great book full of simple advice. We can all find something in this book that will make a difference in our lives.

This is a book to really help you stay young and healthy. Can't wait to start doing these things. One or two at a time will get me through all the suggested treatments. At 65 this will certainly be a test, but I believe in the book ideas. Many I have never read about. So exciting!

Most of the tips were not new, however I liked that I can easily incorporate some of the suggestions into my life without spending much time or money. She suggests readers pick out what would be of personal benefit without the expectation of all or nothing. She did not maintain the same format towards the end of the book and got off track by her interjection of moral beliefs important to the author.

Imagine feeling and looking youthful, vital and 10 years younger. 48 year-old Kylie knows a thing or two about the secret elixir of youth...Based on years of personal research, client feedback & experimentation, best-selling author, naturopath and health coach Kylie Ansett answers the question; What is the secret to looking and feeling younger?

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Years Younger in 30 Minutes a Day The Age Fix: A Leading Plastic Surgeon Reveals How to Really Look 10 Years Younger How Not to Look Old: Fast and Effortless Ways to Look 10 Years Younger, 10 Pounds Lighter, 10 Times Better 7 Years Younger: The Revolutionary 7-Week Anti-Aging Plan Young For Life: The Easy No-Diet, No-Sweat Plan to Look and Feel 10 Years Younger 10 Years Younger in 10 Weeks (Your Best Self) Posture, Get It Straight! Look Ten Years Younger, Ten Pounds Thinner and Feel Better Than Ever

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