



The 15 Minute Fix: FACE: Exercises To Keep Your Face Youthful and Healthy (Volume 2)

John O. Parker

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Is your face showing its age a bit more than you would like?

Is your lifestyle making you look older than you are?

Do you want to be one of those people who retain a healthy, youthful look throughout your life?

If so, The 15 Minute Fix: FACE is here to help. This book will teach you how to use face exercises to make your skin smoother, firmer, and healthier without the risk and plastic look of invasive procedures. You will also learn to use facial exercises to alleviate stress, sharpen cognitive function, improve communication skills, boost your confidence, and improve your overall health. It's like yoga for your face.

These exercises have been designed to act as a natural face lift as part of an overall anti-aging strategy. The program is specifically designed to help you develop a younger looking face without cutting into your busy schedule. In less than 15 minutes a day, you can use these facial workouts to tackle wrinkles, bags or dark circles under the eyes, double chins, turkey neck, jowls, sagging cheeks, laugh lines and more.

In addition to 56 different facial exercises targeting all parts of the face, including neck, chin, lips, cheeks, nose, eyes, and forehead, you will find:

- Progress tracking tools
- Sample workout plans
- Tips for taking care of your face and promoting healthy skin
- Suggestions on foods that are good for your face
- Descriptions of topical ingredients that are good for your face - and others that are bad for your face
- Further supporting materials are also available at the15minutefix.com

The 15 Minute Fix: FACE will appeal to anyone who wants younger looking skin, but doesn't want the expense or risk of plastic surgery. You may not be able to entirely erase wrinkles, but The 15 Minute Fix: FACE will help you develop a youthful, vibrant face in just 15 minutes a day. These exercises for aging are not only designed to help you look young naturally, their numerous side benefits will help improve your quality of life.

About The 15 Minute Fix: The 15 Minute Fix is a series of programs designed to help you age well. Regardless of how old you are now, 15 Minute Fix programs can teach you how to take care of yourself so that you stay healthy and youthful for many years. In addition to the main target area of each book (vision in this case), these anti-aging exercises will help you reduce stress, improve cognitive function, and otherwise promote a youthful mind, body, and soul. The 15 Minute Fix follows the tradition of innovative exercise programs such as Tim Ferriss's 4-Hour Body and Tony Horton's P90X series.

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