



10 Years Younger in 10 Weeks (Your Best Self)

Thorbjörg

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This bestselling book **10 Years Younger in 10 Weeks** reached cult status in Scandinavia thanks to a refreshingly natural approach to on how to look and to feel younger.

You don't have to ditch the bikini when you turn 40 – this can be the beginning of your sexy years! And it's never too late to start: Thorbjörg's vitality and charisma have made her a wellness guru for women of all ages.

The book features a 10-week full anti-age programme from inside out with delicious recipes, invigorating exercises, tests to see how you are progressing and nutritional supplement recommendations. It also provides natural alternatives to injectibles and skin care, and describes cleansing and relaxation as the sources of eternal youth, and case studies from women who talk about how the 10-week programme transformed their lives.

Want secrets to avoiding sagging skin, flabby bits and mood swings? Want healthy tips and facts on how your food can make your body younger, your skin firmer and your life more energetic? Read this book on how to become your best self. Are you ready to light the flame? *I followed Thorbjörg's 10 Years Younger Program, and was truly delighted with the results. Her deep understanding of nutrition, as much as her motivating personality, made the experience a complete success; and I am certainly not alone in my belief that Thorbjörg's work has the power to make a huge impact on today's culinary and fitness culture.*

?Tamara Rappa, Senior Accessories Editor, The Oprah Magazine

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Crystal Dewitt:

Reading can called head hangout, why? Because if you find yourself reading a book specifically book entitled 10 Years Younger in 10 Weeks (Your Best Self) your mind will drift away trough every dimension, wandering in each and every aspect that maybe unfamiliar for but surely can be your mind friends. Imaging every single word written in a publication then become one type conclusion and explanation that will maybe you never get prior to. The 10 Years Younger in 10 Weeks (Your Best Self) giving you another experience more than blown away your brain but also giving you useful details for your better life on this era. So now let us show you the relaxing pattern at this point is your body and mind will likely be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

Effie Steger:

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Palmer Schwartz:

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