



# Be as Young as You Want to Be: Plan How Starting Now

*Mary Spillane, Victoria McKee*

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This is a real-world, real-life guide full of practical advice and state-of-the-art thinking from experts in areas as diverse as cosmetic surgery, anti-ageing medicine, nutrition, fitness, employment, and beauty. *Be as Young as You Want to Be* is totally inspirational and extensively researched.

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