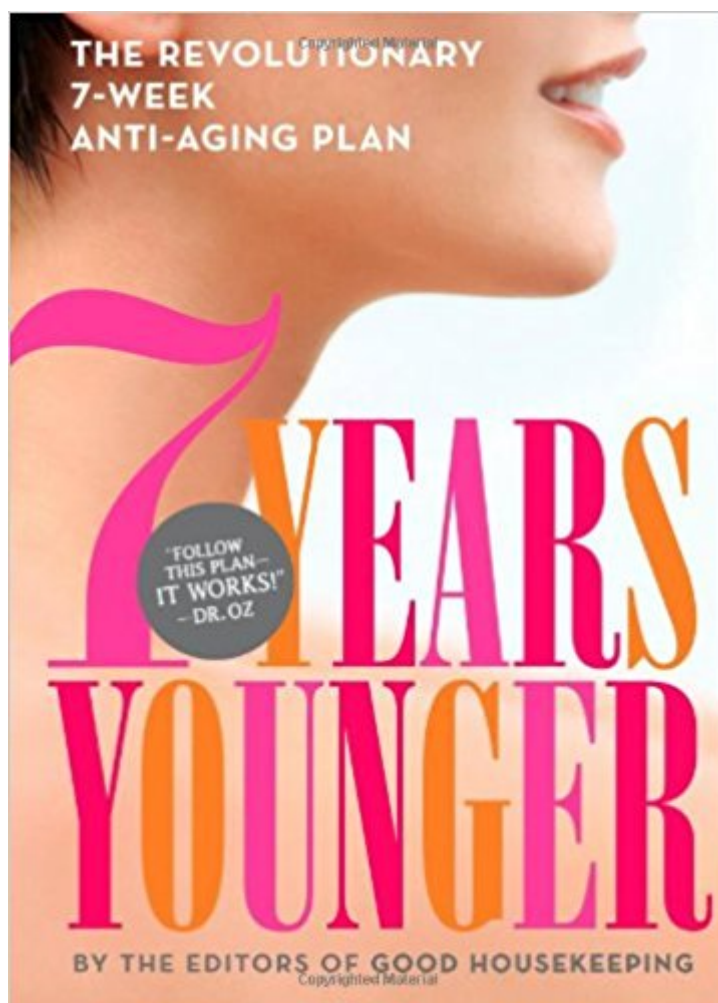


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# 7 Years Younger: The Revolutionary 7-Week Anti-Aging Plan



## Synopsis

THE NEW YORK TIMES BESTSELLER! "Follow this plan - it works!" says Dr. Mehmet Oz, Professor and Vice-chair of Surgery, NYP-Columbia Medical Center, and Host of The Dr. Oz Show. Look younger, stay slimmer, feel sexier...no matter what your age! This revolutionary plan to reverse the signs of aging kicks off with a 7-day Jumpstart plan offering all the tools you need to start your total rejuvenation. Then you'll follow the 7-week, science-based program with a holistic approach to looking and feeling younger. Its 7 age erasers cover every base with special regimens for skin care, makeup, hair care, nutrition and diet, fitness, brain fitness, and emotional health. With this program you can "de-age" your skin, use makeup and hair smarts to get a youthful look, rehab your diet and exercise habits to lower your risk of age-related diseases and to lose weight, learn to sharpen your mind, and nurture your emotional health. You'll be surprised at how much you can turn back the clock on your own-without stepping near a plastic surgeon's office, or spending a fortune on expensive beauty products. The scientists at the Good Housekeeping Research Institute rigorously tested more than 400 beauty products and conducted more than 5,000 lab tests over the course of two years to find the anti-aging products that really work. Then ten test panelists went on the plan. The life-transforming results? One woman lost 12 pounds, another lost an amazing 10 inches from around her waist, and a third restored the glow and smoothness of her skin-improvements that were confirmed by scientific testing. Yet another tester emerged looking more glamorous than she'd looked since she first had kids. As one of the testers said, "There are a lot of diet and exercise programs out there on the market. And there are a lot of beauty tips you can get, but '7 Years Younger' has taken all of those things and put them into a one stop shopping experience for your overall beauty and health and mindset." "What's great about the program," says Good Housekeeping editor in chief Rosemary Ellis, "is that you can treat it like a tool kit. You can pick and choose which elements of the program you want to focus on."

## Book Information

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## Customer Reviews

"An extensively researched, easy-to-follow 7-day jumpstart and 7-week plan to living younger that has been tested as only Good Housekeeping can. Follow this plan-it works!"--Dr. Mehmet Oz, Professor and Vice-chair of Surgery, NYP-Columbia Medical Center, and Host of The Dr. Oz Show

Recently, I ordered the book 7 Years Younger from the editors of Good Housekeeping. This was advertised as "The Revolutionary 7-Week Anti-Aging Plan" and endorsed by Dr. Oz. I was very excited to read through the information. The book was broken down into seven categories, Skin Care, Beauty, Hair Care, Weight Loss, Exercise, Brain Fitness and De-Stressing. The categories were full of helpful hints on how to make improvements in each area. Unfortunately, the organization of information in the book was very difficult to follow. The authors offered suggestions of products that had their seal of approval but there was not enough information to understand how the product should be used and why one product was better than another except for the preference of people who followed the program. The second-half of the book is the seven week plan, that is really an eight week plan. The first week is called Jump Start. It is designed to help you make changes in each of the seven areas gradually. On day one you start with following a prescribed meal plan, beginning a skin care regimen and adopting strategies for getting better sleep. As you go through each day in the Jump Start phase you add additional tasks to your daily routine. By the end of the week you are incorporating daily tasks for exercise, eating healthy, skin care, sleep-well strategies, makeup, meditation and deep breathing, hair care, and memory tricks. The rest of the plan builds on the Jump Start week and adds more activities to each of the seven areas that are designed to help you look and feel 7 Years Younger. I love the concepts presented in this book. I think in systems, so breaking down how to take care of yourself into seven segments makes undertaking change more manageable. However, I found this book very difficult to read. Each day or week of the plan gave information on what to "add" to what you were already doing but they did not go back and recap everything at the end of the process. There was no final checklist or time and cost estimates of what it takes to implement this plan successfully. In order to make a final decision about the book, I spent

the time to create a spreadsheet with a checklist for each section . I also made a list of the products needed to follow the plan based on the recommendations in the book. The cost to do this plan was over \$500 and the exercise portion alone, at the end of seven weeks, was about an hour and a half per day. This did not seem penny wise or sustainable for the average woman. 7 Years Younger has many good ideas, but overall, I would not recommend this book if you are looking for a step-by-step plan to help you make changes.

This book is primarily a diet & exercise guide--not what I expected after reading the promotional descriptions. Many of the recipe preparations are more time consuming than I want to do. I can prepare healthy, tasty meals without lengthy prep. I'm disappointed that so few GH recommended skin & cosmetic products are named. A waste of money.

This book is a pretty comprehensive how-to book on how to be a Better You, from better makeup and hair, to diet and exercise, to de-stressing. From Good Housekeeping, the most valuable advice was giving brand names of best-rated products (and more, esp. makeup, on the web site). I learned what skin care products to use first, which to add later, what works, what doesn't. I was always a soap-and-water girl, and this advice impelled me to start a regular skincare regimen for the first time in my life. Lots of menus and delicious recipes, with what side dishes to serve with them; quick breakfasts and lunches for people with little time to cook. I highly endorse the book; there's something for everyone. Only drawback: the skin care and makeup products recommended can be VERY pricey. I will never buy a \$36 lipstick or \$120 skin care product, no matter how good. But there are some lower priced products recommended, and you can look for similar products at Walmart. Highly recommended!

I checked this out due to all of the great reviews. I guess I must be missing something, as this book did nothing to address my personal skin needs, as I have very sensitive, dry skin. Not sure who this is intended for, as it doesn't give enough info on diet, exercise, and skin care to do all that much. I was very disappointed.

Don't waste your money, I didn't find anything new or amazing in here. It's all the same stuff, take good care of yourself by eating healthy, exercise and wear sunscreen, you'll be fine.

I really didnt enjoy this book at all, but what a relief I felt when I read the other reviews and learned

that I wasn't the only one that felt this way. All the information that was written is available "everywhere" even in television commercials, mind you probably not so detailed but I learned nothing new. Sorry goodhousekeeping but honesty is always the best. I really want to return this book, and will do research to do just that.

I bought this as I saw it on the Dr Oz show thinking it would impart some new and noteworthy information. The book is good for those who need a jumpstart on their good eating habits. The book also provides unbiased information regarding skin care, hair care and antiaging products. reviews provide that information for free. There is so much free information on the Internet regarding healthy lifestyles, diet, recipes and lifestyle changes so why buy the book.

This book did not give the reader anything new. The plan was not revolutionary but ho hum and not easy to follow.

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