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Counterclockwise: My Year of Hypnosis, Hormones, Dark Chocolate, and Other Adventures in the World of Anti-aging

By Kessler, Lauren

Rodale Books, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "The human smile is an anti-gravity device. Kessler's delightful, witty book actually takes 20 years off your face!" Mary Roach, author of *Stiff* and *Gulp* "Lauren Kessler's bold, bad-ass take on aging solves one of our great modern dilemmas: how to stay young and vibrant without spending the rest of our lives obsessing over how to stay young and vibrant. I feel a decade younger just having read it." Karen Karbo, author of *How Georgia Became O'Keeffe* "Lauren Kessler has journeyed to the far frontiers of the anti-aging movement and, using herself as an ever-willing guinea pig, delivers insights that are at once funny, reassuring, practical, and real." Peggy Orenstein, author of *Cinderella Ate My Daughter* "Counterclockwise is an amateur cultural anthropologist's smart, inspiring narrative. It identifies the sensible, the ridiculous, and the dangerous and ultimately teaches that your birth date rarely reflects true age." Sally Koslow, author of *Slouching Toward Adulthood* "Finally a woman writer takes on lady aging without flinching. Honest, playful, and smart, Lauren Kessler's *Counterclockwise* gives us a chance to read the story of our own lives without cringing and cosmetic..."



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Reviews

An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. Its been written in an exceptionally basic way and it is only right after i finished reading this ebook in which in fact modified me, affect the way i really believe.

-- Beverly Hoppe

Extremely helpful for all class of individuals. Better then never, though i am quite late in start reading this one. I realized this publication from my i and dad suggested this ebook to discover.

-- Adela Schroeder II