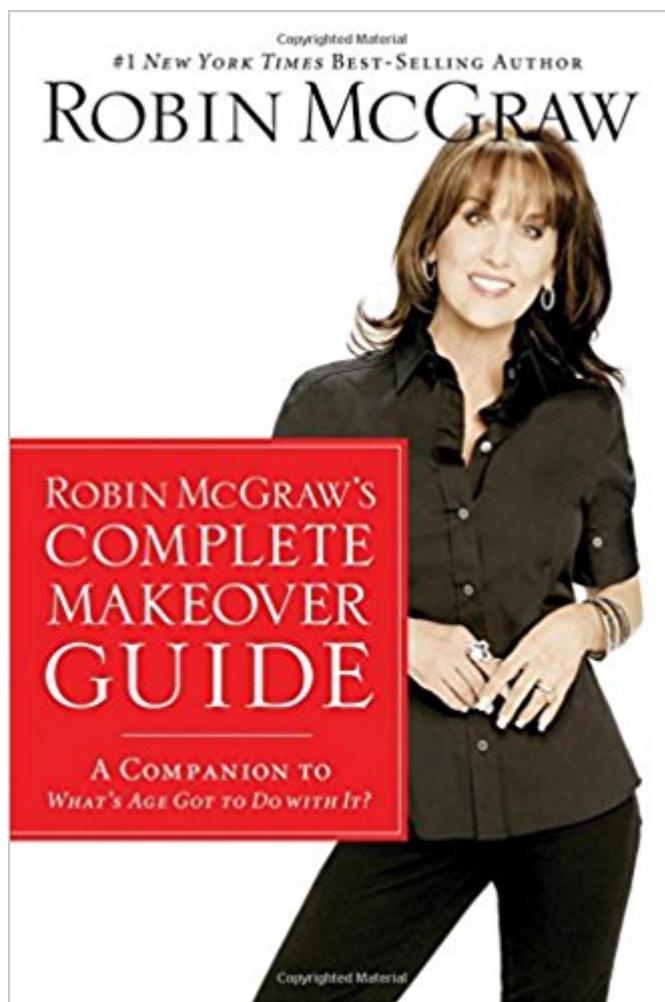


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# Robin McGraw's Complete Makeover Guide: A Companion To What's Age Got To Do With It?



## Synopsis

Rediscover a healthy and beautiful you at any age! "Okay, ladies, it's never too early to start taking care of yourself, but it's also never, ever too late. Maybe you're in your twenties, trying to balance work and school. Or maybe you are in your thirties or forties, a working mother juggling the challenges of parenting, marriage, and career. You're a soccer mom. A cheerleading mom. The cochair of your local PTA. Or you are in your fifties or sixties, boomerang in your career or dealing with an empty nest. Whatever your age— from your twenties to your sixties and beyond—you and I have something in common: we're women, there is a lot that we have to manage and want to accomplish, and we want to look and feel our best, no matter what our age. That's what Robin McGraw's Complete Makeover Guide is all about. Designed to be a companion to *What's Age Got to Do with It?*, you'll find page after page of material to help you determine your best health and beauty choices for your life. Inside you'll find: Health and beauty tips Interactive quizzes Self-tests to understand your health habits Checklists to make sure you have the essentials This makeover guide is designed to meet your specific needs and help you achieve your optimal health and beauty. Sometimes what we need is the right perspective on our beauty. Other times we need the right pair of shoes. For everything in between—what you need is this book!

## Book Information

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## Customer Reviews

Robin McGraw, #1 New York Times best-selling author, has been married to TV talk show host Dr.

Phil McGraw for over thirty years. His viewers have embraced Robin whether she's discussing her experiences as a mother and wife or dealing with issues that women face in their lives.

I wouldn't recommend anyone waste their time or money on this. It's a ploy to get you to buy two books written by a writer that's obviously a novice on this subject matter.

The book is made to be used as a reference to the main book, which I don't own. The first book of What's Age Got to do with it, has to be purchased to use as a reference to this book. Wish I had known this and I would have purchased the main book first.

I chose this item because Im aging and felt I needed some tips. Did not gfind much I didn't already know.

I received the order right away! It was great!

I admire Robin McGraw!

I really liked this book and I love Robin McGraw's insight into a lot of different things. This makeover guide is good at reviewing different makeup techniques. I got this book to replace the one I had that my dog chewed up.

Total waste of money. States the obvious and has pages and pages of lines to pad it out. You don't need it, trust me.

You really need to buy both books to reap the real benefits. I learned a lot. Some of it simple, some of it I went "duh". Robin's friendly easy going style is like a chat with a sister.

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