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How Not to Look Old: Fast and Effortless Ways to Look 10 Years Younger, 10 Pounds Lighter, 10 Times Better (English Edition)



Par Charla Krupp
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Description :

Prsentation de l'diteurForget getting older gracefully--This is the beauty and style bible every woman has been waiting for!HOW NOT TO LOOK OLD is the first--ever cheat sheet of to-dos and fast fixes that pay-off big time--all from Charla and her friends, the best hair pros, makeup artists, designers, dermatologists, cosmetic dentists and personal shoppers in the biz. Packed with eye-opening details on hair color, brows, lipstick, wrinkle-erasers, jeans, shapewear, jewelry, heels, and more, the book speaks to every woman: from low maintenance types who don't want to spend a fortune or tons of time on her looks to high maintenance women who believe in looking fabulous at any price. There's also too-old vs. just-right before and after photos, celebrity examples of good and bad style, shopping lists of Charla's brilliant buys in fashion and beauty products, coveted addresses of "Where the top beauty pros go," fun sidebars--and more. Known to national audiences from her ten years on NBC's Today show, style expert Charla Krupp dishes out her

secrets in this "ultimate" to-do list for looking hip and fabulous -- no matter what your age. From Publishers Weekly Krupp, style expert for the Today Show and former beauty director for Glamour, offers easy-to-follow, tried-and-true fashion advice for women well beyond their 20s. Presented in eye-catching, highly skimmable, fashion-magazine style, here's how to trade in the things that scream old lady (simply OL in the book) for a look that's younger and hipper (YH). Krupp is straightforward about the physical shortcomings of older age. Aptly (and sometimes rather brutally) she steers readers away from these OL pitfalls. She is quick to point out that fashion that works on 20-somethings looks ridiculous on older women (i.e., bare midriffs, go-go boots and tattoos). As much about what to do as what not to do, some of the tips are as easy as wearing pink lipstick, a bra that fits properly and hair with bangs. Others take more thought, time and money like Botox shots, chemical peels and hair extensions. Whether high or low maintenance about their beauty routine, women of a certain age who want to compete in our youth-obsessed culture will treat this easy read with interest. (Jan.) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Revue de presse "Dashing, fun and informative, the book is an spirit-lifting tonic for any woman with a case of the gravity blahs." (New York Times) "The book also resonates because, to its credit, much of Krupp's fast fix advice makes common sense. The author's main mantra is a call to simple, unfussy elegance: loose hair, lighter makeup, restraint of embellishment." (Salon.com Mary Elizabeth Williams) "Charla knows how to inspire people. This book is every girl's new best friend." (Issac Mizrahi) "It's the little black book for the gray-is-the-new-blond set! At our age we are evolved enough to understand that wrinkles don't matter...But who needs 'em? Buy this book and glow old gracefully!" (Christie Brinkley)