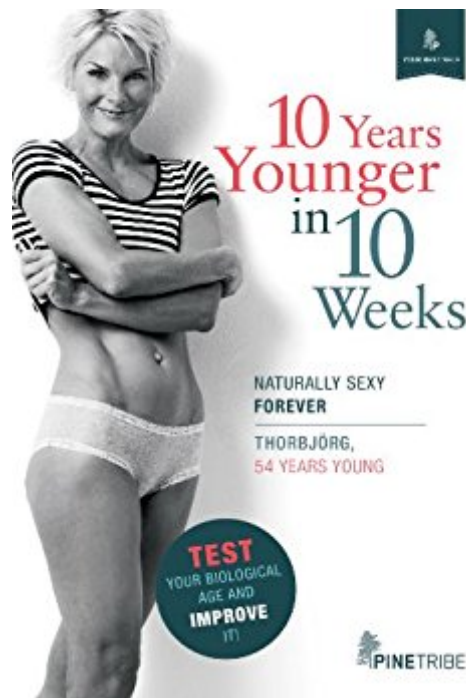




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10 Years Younger In 10 Weeks (Your Best Self)



Synopsis

This bestselling book *10 Years Younger in 10 Weeks* reached cult status in Scandinavia thanks to a refreshingly natural approach to on how to look and to feel younger. You donâ™t have to ditch the bikini when you turn 40 â“ this can be the beginning of your sexy years! And itâ™s never too late to start: Thorbjorgâ™s vitality and charisma have made her a wellness guru for women of all ages. The book features a 10-week full anti-age programme from inside out with delicious recipes, invigorating exercises, tests to see how you are progressing and nutritional supplement recommendations. It also provides natural alternatives to injectibles and skin care, and describes cleansing and relaxation as the sources of eternal youth, and case studies from women who talk about how the 10-week programme transformed their lives. Want secrets to avoiding sagging skin, flabby bits and mood swings? Want healthy tips and facts on how your food can make your body younger, your skin firmer and your life more energetic? Read this book on how to become your best self. Are you ready to light the flame? I followed ThorbjÃ¶rgâ™s 10 Years Younger Program, and was truly delighted with the results. Her deep understanding of nutrition, as much as her motivating personality, made the experience a complete success; and I am certainly not alone in my belief that ThorbjÃ¶rgâ™s work has the power to make a huge impact on todayâ™s culinary and fitness culture. â“Tamara Rappa, Senior Accessories Editor, The Oprah Magazine

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Customer Reviews

I liked this because it made me look at what I was putting in my body in a whole new light. I haven't gone through her whole process of totally detoxifying, but even if you aren't ready to commit to compelling rehauling your eating habits, this will help give you a new perspective. For example, I've tried avoiding sugar and processed foods, and this book points out some of the hidden sources of such things. I feel SO much better when I follow the advice in this book. I'm sure I'll get to a point where I'll really commit and go for it all the way, but for now I couldn't bring myself to throw away all the processed foods in my cupboards like she recommends. She has convinced me not to buy it anymore, though. This is a great book if you're just feeling generally blah and don't know where to begin with a lifestyle change, but a lot of it is the standard advice about eating whole, natural foods.

I got a pamphlet's worth of good ideas from this book, which was a fair value, considering the price (I paid 1.99). The ideas I really liked from the book involved doing a little, every day, rather than setting big, easier-to-fail-at goals. For example, take 2 five minute breaks during the day to meditate and having a short morning routine (she does push-ups, I imagine you could alternate w squats or similar) you do every day. More moderation and small steps adding up rather than 45 minutes at the gym or forget it. The recipes didn't appeal to me, but that is going to be pretty personal. I did get some ideas I could use. Overall, the diet could be simplified to the basic idea of 'eat food, not too much, mostly plants.'

I gave it 4 stars because it improved my overall health. It wasn't difficult to follow at all. As soon as I startwd seeing many of the discomfort I had fading away I looked forward for the next week. I had to adjust the supplements to what I can afford and to what I have locally. I don't use soy. I'm totally against it. I wrote to the author with some questions and she answered in a caring way. I recommend the book and her approach.

This book sets up a plan to do a detox and to eat for the future. I loved that each chapter gave you assignments on what to do for the next week breaking tasks up into easily accomplished missions. I am eating well and will continue on the road to health and vitality due to the work of Thorbjorg.

This book is well written, however, if you don't have a lot of money impractical. Who can just throw away all the food in their cupboards at no great loss? Then to go and shop for foods that many of us have never heard of? Not everyone has the resources that these people do.

Nothing new except that I started by wanting a younger body. The questionnaire stated my body was 20 years older than I am today so I have to live in a very strict regime of diet and exercise to get to the place I was before I opened the book!

A well organized book with good recipes. Helpful for premenopausal or menopausal women. Stay off the fast food! I liked her discussion of supplements for the skin.

Sligh

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