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Luciana Avedon's

# BODY BOOK

by Luciana Avedon and Anne Hall  
Photographs by Sebastian

A simple and effective beauty drill for the busy woman of any age who wants to keep her figure young and trim . . . by the authors of *The Beautiful People's Beauty Book* and *The Beautiful People's Diet Book*.

International beauty expert Luciana Avedon knows that women in today's fast-moving world cannot devote hours to staying in shape. Not, she says, are most of them interested in a strenuous exercise regimen that may help them to lose weight, but does little to improve the body aesthetically. Women want to look their best, with the minimal amount of effort. In her BODY BOOK, Luciana offers a program of easy-to-follow body exercises that she developed to meet the needs of her own active life — her beauty routine features exercises that are specifically designed to correct common figure problems (waist, abdomen, thighs, hips, buttocks, breasts, upper arm, etc.), as

(continued on back flap)

11/10/2023

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