

LOOK YOUNGER, LIVE LONGER

*TEN STEPS to Reverse Aging
and Live a Vibrant Life*

FRANCISCO CONTRERAS, MD

Look Younger Live Longer

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Live Longer Look Younger with Herbs Diane Robertson,Olive Forrester,1990 **Balancing the self** Mark Jackson,Martin D. Moore,2020-03-05 This electronic version has been made available under a Creative Commons BY NC ND open access license Many health environmental and social challenges across the globe from diabetes to climate change are regularly discussed in terms of imbalances in biological ecological and social systems Yet as contributions to this collection demonstrate while the pressures of modernity have long been held to be pathogenic strategies for addressing modern excesses and deficiencies of bodies and minds have frequently focused on the agency of the individual self knowledge and individual choices This volume explores how concepts of balance have been central to modern politics medicine and society analysing the diverse ways in which balanced and unbalanced selfhoods have been subject to construction intervention and challenge across the long twentieth century Through original chapters on subjects as varied as obesity control fatigue and the regulation of work and the physiology of exploration in extreme conditions *Balancing the self* explores how the mechanisms and meanings of balance have been framed historically Together contributions examine the positive narratives that have been attached to the ideals and practices of self help the diverse agencies historically involved in cultivating new balanced selves and the extent to which rhetorics of empowerment and responsibility have been used for a variety of purposes from disciplining bodies to cutting social security With contributions from leading and emerging scholars such as Dorothy Porter Alex Mold Vanessa Heggie Chris Millard and Natasha Feiner *Balancing the self* generates new insights into emerging fields of health governance subjectivity and balance An electronic edition of this book is freely available under a Creative Commons CC BY NC ND licence **Internet Guide to Anti-Aging and Longevity** Elizabeth Connor,2006-02-02 Quickly and easily find anti aging and health strategies on the Internet Even the most sophisticated Web surfer can become frustrated searching for specific health information on the Internet The Internet Guide to Anti Aging and Longevity tackles this problem by providing a comprehensive compilation of annotated links on health **Look Younger and More Attractive In 7 Days or Less** Beverly Paul,2012-09-07 **Look Younger, Live Longer** Bengamin Gayelord Hauser,1960

Becoming Elizabeth Arden Stacy A. Cordery,2024-09-03 A sweeping biography of one of the most influential and successful business women in American history BECOMING ELIZABETH ARDEN opens the Red Door to a world of wealth

glamor and the profitable business of beauty Elizabeth Arden was a household name on six continents and a millionaire several times over before her death in 1966 Arden counted British royalty and social elites from the overlapping worlds of New York Hollywood London and Paris among her clients She revolutionized skin care and cosmetics making it acceptable for all women to embrace glamour and wear makeup not just actresses and prostitutes She created a successful international business empire before women gained the vote and at a time when virtually no woman owned or ran a national company She developed the first luxury spa and insisted on a holistic understanding of health and beauty Unconventional and driven Arden fervently believed that every woman could be beautiful Acclaimed biographer Stacy Cordery does full justice to one of America s greatest entrepreneurs Canadian born Florence Nightingale Graham turned herself into Elizabeth Arden using her uncanny sense of the possible to take full advantage of everything New York City offered building her company and becoming one with her brand In an astounding rags to riches tale Elizabeth Arden came to personify sophistication and refinement Her hard work and innovation made makeup fitness and style not only acceptable but de rigueur Arden prospered throughout the Depression reimagined women s needs during two World Wars and by pioneering new approaches to marketing and advertising ushered beauty into the modern era Cordery delivers a compelling picture of a modern CEO whose career provides a model for aspiring businesses to this day

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