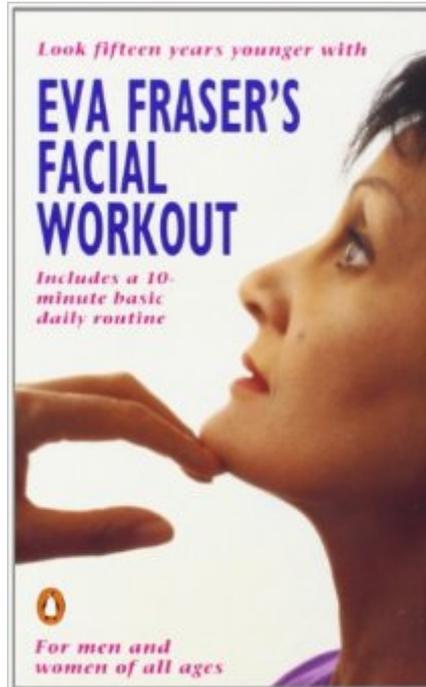


The book was found

# Eva Fraser's Facial Workout (Penguin Health Care & Fitness)



## Synopsis

For years, Eva Fraser has been practicing her facial workout techniques on private clients with remarkable success. This book includes information on why the face ages, how skin works and what can be done about it, it also includes Eva Fraser's exercise plan.

## Book Information

Series: Penguin Health Care & Fitness

Paperback: 160 pages

Publisher: Penguin Books, Limited (UK) (January 1, 1997)

Language: English

ISBN-10: 0140147136

ISBN-13: 978-0140147131

Product Dimensions: 4.4 x 0.4 x 7.1 inches

Shipping Weight: 0.8 ounces

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (35 customer reviews)

Best Sellers Rank: #67,440 in Books (See Top 100 in Books) #78 in [Books > Crafts, Hobbies & Home > Crafts & Hobbies > Needlecrafts & Textile Crafts > Fashion](#) #151 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style](#)

## Customer Reviews

I have worked hard to keep my body slim and trim. My body does not look my age at all. However, my face looked about 15 years older because I lost about 20 lbs. and my face looked saggy. I was quite dismayed with the appearance of my face, as I looked like I had suddenly aged when I lost the weight. I never liked the idea of plastic surgery...or any type of surgery for that matter, but because my jowls were saggy and I had marionette lines, I was feeling tempted!! stumbled across Suzanne Summer's micro-current device while shopping for collagen stimulating cream and was thrilled to see that there was something out there that could help! I did a lot of research and saw that this device was not the answer. As I read skin care forums, I read posts about facial exercises. Wow! Could there be something all natural out there that could really work? So, I researched extensively about facial exercises and watched many youtube videos by the various facial exercise gurus. I saw Eva and was shocked that she looked so young in her 80s!! So, I decided to try Eva's book, as it was a minimal expense. When I received the book, I was surprised that it was a small size. The drawings looked out-dated and it looked like it would be complicated to try to decipher what was being said, since I do not like to read directions. I am a visual person so I do much better with

videos than with written instructions. So I did not bother with the book for about a week. One night, I thought that I would try reading it to see if I could follow it. I found that the instructions were pretty clear. I thought, "What do I have to lose? I will give it a few weeks." After a few of weeks, I could see a difference! Wow!! This really works!! That encouraged me to continue!

[Download to continue reading...](#)

Eva Fraser's Facial Workout (Penguin Health Care & Fitness) ECG Workout: Exercises in Arrhythmia Interpretation (Huff, ECG Workout) Simon Fraser: In Search of Modern British Columbia Cats: Cat Care- Kitten Care- How To Take Care Of And Train Your Cat Or Kitten (Cat Care, Kitten Care, Cat Training, Cats and Kittens) Dogs: Dog Care- Puppy Care- How To Take Care Of And Train Your Dog Or Puppy (Dog Care, Puppy Care, Dog Training, Puppy Training) African Dance Trends (Dance and Fitness Trends) (Dance & Fitness Trends) The World of Crossfit (Dance and Fitness Trends) (Dance & Fitness Trends) Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days - from someone who's done it. Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days or less - from someone who's done it Fitness Information for Teens: Health Tips About Exercise and Active Lifestyles: Including Facts About Healthy Muscles and Bones, Starting and ... Plans, Aerobic Fit (Teen Health Series) Essentials in Hospice Palliative Care - Second Edition: A basic end-of-life manual explaining how to care for the dying and helps health care workers, family and patients deal with death and dying. Health Care Information Systems: A Practical Approach for Health Care Management Health Care Finance: Basic Tools for Nonfinancial Managers (Health Care Finance (Baker)) Curing Medicare: A Doctor's View on How Our Health Care System Is Failing Older Americans and How We Can Fix It (The Culture and Politics of Health Care Work) Delivering Health Care In America (Delivering Health Care in America: A Systems Approach) Health Care Will Not Reform Itself: A User's Guide to Refocusing and Reforming American Health Care Global Health Care: Issues and Policies (Holtz, Global Health Care) The Artist's Complete Guide to Facial Expression Facial Expressions: A Visual Reference for Artists Facial Expressions Babies to Teens: A Visual Reference for Artists

[Dmca](#)