



## 10 Years Younger in 10 Weeks (Your Best Self)

By Thorbjörg

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### 10 Years Younger in 10 Weeks (Your Best Self) By Thorbjörg

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 don't have to ditch the bikini when you turn 40 – this can be the beginning of your sexy years! And it's never too late to start: Thorbjorg'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 injectables 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 Thorbjörg'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 Thorbjörg's work has the power to make a huge impact on today's culinary and fitness culture.* [?Tamara Rappa, Senior Accessories Editor, The Oprah Magazine](#)

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## 10 Years Younger in 10 Weeks (Your Best Self) By Thorbjörg Bibliography

- Sales Rank: #460079 in eBooks
- Published on: 2014-04-01
- Released on: 2014-04-01
- Format: Kindle eBook



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