



# Absolute Beauty: A Renowned Plastic Surgeon's Guide to Looking Young Forever

*Gerald Imber M.D.*

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**Absolute Beauty: A Renowned Plastic Surgeon's Guide to Looking Young Forever** Gerald Imber M.D.

Twenty-five or sixty-five, we all want to look our vital, youthful best. The frustrating truth is that no matter how we wish it wasn't so, each day brings tiny changes, constantly chipping away at youth and beauty. Happily, with proper guidance most of this can be prevented, controlled, and reversed. It is a simple and sensible lifelong journey that will yield great rewards for all ages.

Renowned plastic surgeon **Dr. Gerald Imber** changed the way men and women deal with aging in his books **The Youth Corridor**, which offered the first integrated strategy to control the signs of aging, and **For Men Only**, designed for the man who wants to stay trim and youthful but doesn't know where to turn for advice. Now, after vast improvements in science and surgery, Dr. Imber once again paves the way for people to find the path toward keeping their youthful appearance.

In **Absolute Beauty**, Dr. Imber explores the new horizon for staying young-looking and the cutting-edge breakthroughs in areas such as:

- Minimally invasive facial surgeries
- New limited-incision facelifts
- New wrinkle fillers
- Anti-aging skin-care strategies
- New antioxidant strategies

**Absolute Beauty** provides the crucial information needed to help you look your absolute best throughout your adult life. Dr. Imber's regimen will show you how to slow down the damage of time and help you turn back the clock. It will tell you how to protect your youthful good looks -- your absolute beauty -- by avoiding accelerating the changes that lead to aging and undoing the visible changes already present.

This indispensable book covers all aspects of the modern cosmetic surgical experience and is a must-have guide for anyone considering plastic surgery or just wanting to stay young-looking.

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