



31 Days to a Younger You

Arlene Pellicane

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If 40 is the new 30 and 50 is the new 40....how is the average women supposed to keep up? There's got to be an easier way to look younger than Botox treatments, yo-yo dieting, or plastic surgery.

Author Arlene Pellicane offers readers a less troublesome (and less expensive!) solution to looking younger and feeling younger in just 31 days, especially for women who want to

- have more energy
- look 5-10 years younger
- be happier and healthier
- lose a dress size or more
- improve their mood and sense of well-being
- prevent illnesses such as diabetes and heart disease

Women of all ages will benefit from Arlene's beauty and health tips, along with her Biblical encouragement to "grow more beautiful from the inside out."

"Arlene has the gift of encouragement. She's done what many women want to do. She helps you WANT to make good choices!" --Pam Farrel, author of *Men are Like Waffles, Women are Like Spaghetti*.

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