

Vogue Beauty For Life: Health, Fitness, Looks and Style for Women in Their 30s, 40s, 50s

By Deborah Hutton

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A complete guide to fitness and health for women over thirty discusses the latest advances in medical research into the aging process and offers tips on make-up, exercises, developing good health habits, nutrition, and fashion. 15,000 first printing.

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- Rank: #4793391 in Books
- Published on: 1994-10-18
- Released on: 1994-10-18
- Original language: English
- Number of items: 1
- Dimensions: 10.25" h x 7.75" w x 1.25" l,
- Binding: Hardcover
- 384 pages

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