



Better in 7: The Ultimate Seven-Day Guide to a Better You!

Andrew Ordon

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Better in 7 delivers simple, at-home, surgery-free programs that target women's "hot button" body issues: big thighs, muffin-top bellies, unsightly veins, cellulite and more.

From natural recipes like Dr. Ordon's "Anti-wrinkle Mash" to unexpected solutions and 7-day diets, simple workouts and lifestyle fixes, you will experience noticeable results in just seven days!

Better in 7: The Ultimate Seven-Day Guide to a Better You! Details

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Liz Smith says

Simple read. So much of the book is pretty common knowledge but maybe it would be a good starting point for people who are clueless. A lot of the book was offensive, but looking at the demographic of who would want to read it I guess the constant, "If you want to satisfy your man you need to look sexy," is understandable haha. I randomly grabbed this one at the library and it gave me several laughs today.

Kimberly Boone says

An easy read with great tips for all the beauty secrets you want from a top-rated plastic surgeon on how to do everything naturally in a week. Check out chapters on getting better hair, a brighter smile, thinner thighs and many more!

Doreena says

I really enjoyed this book. There was a ton of great information in it and I will definitely be trying A LOT of it! What Dr. Ordon suggests are easy, doable suggestions to make you look and feel better. All of them in 7 days. Perfect!

Andrea McKinnon says

A plastic surgeon giving you tips and a regimen to AVOID plastic surgery. Awesome! Drinking 8+ glasses of water each day really is important!

F. says

I received this free book from the Goodreads first reads giveaway.

This is a quick book to read and use as a reference; however, I think much of the information contained within the book is common-sense. I've heard of many of these techniques and would have liked to read new information. It basically just comes down to exercise, eat well/healthy, drink lots of water, avoid the sunlight and at the end of the day, just enjoy what you have and just tweak it a bit to stay young.
