



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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From Reader Review Better in 7: The Ultimate Seven-Day Guide to a Better You! for online ebook

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!

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!

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!

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.

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.
