

# Seven Secrets Of Really Great Sex

## Seven Secrets Of Really Great Sex Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Seven Secrets Of Really Great Sex**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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### **And the Bride Wore White Companion**

**Guide** Dannah K. Gresh 2014-12-11 Companion guide to And the Bride Wore White Don't let your youth be a cultural statistic. Youth leaders and parents will be glad to see the training materials available for the bestselling And the

Bride Wore White by Dannah Gresh. Perfect for individual and small group study, the DVD, leader's guide, and study guide will complement perfectly. DVD includes bonus tracks.

The Normal Bar Chrisanna Northrup 2013-02-05

Based on data obtained from nearly 100,000 respondents, here is the ultimate resource for anyone who wants to learn the relationship-

tested ways couples can achieve satisfaction and contentment in areas such as communication, sex, affection, and financial cooperation. What constitutes “normal” behavior among happy couples? What steps you should take if that “normal” is one you want to strive for? To help answer those questions, wellness entrepreneur Chrisanna Northrup teamed with two of America’s top sociologists, Yale Ph.D. Pepper Schwartz and Harvard Ph.D. James Witte, to design a unique interactive survey that would draw feedback from around the world. What has resulted is the clearest picture yet of how well couples are communicating, romancing each other, satisfying each other in the bedroom, sharing financial responsibilities, and staying faithful – or not. Since the Normal Bar survey methodology sorts for age and gender, racial and geographic differences and sexual preferences, the authors are able to reveal , for example, what happens to passion as we grow older, which gender wants what when it comes

to sex, the factors that spur marital combat, how kids figure in, how being gay or bisexual turns out to be both different and the same, and –regardless of background -- the tiny habits that drive partners absolutely batty. The book is dense with revelations, from the unexpected popularity of certain sexual positions, to the average number of times happy – and unhappy -- couples kiss, to the prevalence of lying, to the surprising loyalty most men and women feel for their partner (even when in a deteriorating relationship), to the vivid and idiosyncratic ways individuals of different ages, genders and nationalities describe their “ideal romantic evening.” Much more than a peek behind the relationship curtain, *The Normal Bar* offers readers an array of prescriptive tools that will help them establish a “new normal.” Mindful of what keeps couples stuck in ruts, the book’s authors suggest practical and life-changing ways to break cycles of disappointment and frustration.

**The Enlightened Bracketologist** Mark Reiter 2007-03-09 Employing a system of brackets used in sports, this light-hearted study looks at some of popular culture's most baffling questions on topics ranging from popular songs and cookbooks to French phrases and wine.

**Tantric Secrets** Cassandra Lorus 2003 This book demystifies Tantric sex and shows readers how to put the intensity of tantric sex into their lives to reach sexual nirvana.

**7 Secrets to an Awesome Marriage** Kim Kimberling, PhD 2015-07-28 All of us want an enduring marriage, a beautiful marriage we can believe in. That kind of marriage happens through intimacy. Intimacy requires hard work and a guide. Dr. Kim Kimberling is that guide and this book and its tools will show you how communication and intimacy in marriage can be yours. Kimberling offers insights like connecting every day in spite of what's in the way, learning how to fight in the right ways, stopping the insanity of doing the same thing over and over

even when it isn't working, and finding that the best sex ever is well within the context of Christian marriages. Once these 7 secrets are a part of your marriage, you can stand together and fight anything that would ever try to tear your marriage apart. Whether you have just celebrated your first anniversary or your fiftieth, **7 Secrets to an Awesome Marriage** by Dr. Kim Kimberling is for you. If you have a good marriage, this book can help you have a great marriage. If you are struggling, Kim Kimberling will help you turn the corner and make your marriage into what you want it to be.

**Seven Secrets of Seduction** Anne Mallory 2010-05-25 "Anne Mallory gives classic romance a fresh and delightful spin with her clever plots and winning imagination." —Teresa Medeiros, New York Times bestselling author Explore seduction, deception, and searing passion in USA Today bestselling author Anne Mallory's **Seven Secrets of Seduction**. A RITA Award finalist (for *Three Nights of Sin* and *For the*

Earl's Pleasure ), Anne once again delivers a passionate, heart-wrenching Regency Era romance, intricately well-plotted and filled with memorable characters, including a particularly fearless heroine. Fans of Julia Quinn and Elizabeth Boyle will delight over Anne Mallory's scandalous Secrets.

**Secrets of Better Sex** Joel D. Block 1996 Here is clear, precise, and easy-to-follow advice to lead to more exciting lovemaking. Presented in a convenient A-Z format, this guide allows readers to find information on everything from arousal to sexual positions, from the most sensitive parts of the anatomy to "Hindu Love Bites". Going beyond vague advice, the book gives precise prescriptions for solving problems and improving the quality of lovemaking in hundreds of ways.

**The 5 Sex Needs of Men and Women** Gary Rosberg 2006 Lists the top sex needs of husbands and wives and discusses how to meet those needs from a Christian perspective.

*Seven Secrets of a Happy Marriage* Margery D. Rosen 2002-01-01 Offers dozens of personal stories illustrating the importance of seven characteristics of successful marriages, including trust, communication, fair fights, and a balance of power.

*Seven Secrets of a Supernatural Marriage* Dr. Dan Wilson & Linda Wilson 2014-09-01 God loves relationship. He created us to be in relationship with Himself. And He created marriage for man and woman to reflect that divine union of love, joy, intimacy, and fruitfulness. No matter the present condition of your marriage, God is well able to invade it with His supernatural love and power to create a supernatural marriage for you and your spouse. *Seven Secrets of a Supernatural Marriage* leads you on a journey of understanding Spirit-led intimacy so that man, woman, and God are brought together to create an entity that Satan has no reliable way to attack, no useful battle plan to defeat, and no effective weapon to

destroy.

**The Great Sex Secret** Kim Marshall 2007

Traditional sexual intercourse almost always produces an orgasm for men but rarely does for women. This is because the location of the clitoris prevents most women from getting sensitive, appropriate and sustained stimulation when they make love. Full satisfaction for both partners is neither easy nor obvious; it doesn't "come naturally." Astonishingly, almost none of the literature on sex is helpful on this issue. Almost without exception, the "experts" have been asking the wrong questions and are stuck in an old paradigm of how sexual intercourse is supposed to work. As a result, few couples find the advice they need: --Three approaches that allow both partners to get full satisfaction during lovemaking, including simultaneous orgasms, which the conventional wisdom has declared to be virtually impossible --A breakthrough for couples in achieving mutual satisfaction and long-term sexual happiness --Revolutionary ideas

that liberate couples from conventional wisdom that doesn't work and helps them communicate about what does

**Come As You Are: Revised and Updated**

Emily Nagoski 2021-03-02 A revised and updated edition of Emily Nagoski's game-changing New York Times bestseller *Come As You Are*, featuring new information and research on mindfulness, desire, and pleasure that will radically transform your sex life. For much of the 20th and 21st centuries, women's sexuality was an uncharted territory in science, studied far less frequently—and far less seriously—than its male counterpart. That is, until Emily Nagoski's *Come As You Are*, which used groundbreaking science and research to prove that the most important factor in creating and sustaining a sex life filled with confidence and joy is not what the parts are or how they're organized but how you feel about them. In the years since the book's initial publication, countless women have learned through Nagoski's accessible and

informative guide that things like stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it—and that even if you don't always feel like it, you are already sexually whole by just being yourself. This revised and updated edition continues that mission with new information and advanced research, demystifying and decoding the science of sex so that everyone can create a better sex life and discover more pleasure than you ever thought possible.

My Secret Garden Nancy Friday 2013-11-18 The #1 New York Times–bestselling author's "groundbreaking" work on women's sexual fantasies (Publishers Weekly). First published in 1973, *My Secret Garden* ignited a firestorm of reactions across the nation—from outrage to enthusiastic support. Collected from detailed personal interviews with hundreds of women from diverse backgrounds, this book presents a bracingly honest account of women's inner sexual fantasy lives. In its time, this book

shattered taboos and opened up a conversation about the landscape of feminine desire in a way that was unprecedented. Today, *My Secret Garden* remains one of the most iconic works of feminist literature of our time—and is still relevant to millions of women throughout the world. "The author whose books about gender politics helped redefine American women's sexuality." —The New York Times

**The Seven Secrets to Healthy, Happy Relationships** don Miguel Ruiz 2018-10-01 Relationships: An Integral Part of the Human Experience As humans, most of us yearn for fulfilling relationships. They provide unlimited ways for us to learn, grow, thrive, and have fun! Yet, as we know, relationships aren't always a "bed of roses"—especially romantic ones. They don't make themselves, nor do they continue happily on autopilot once they begin. In this one-of-a-kind book, bestselling authors don Miguel Ruiz, Jr. and HeatherAsh Amara share their seven secrets to healthy, happy relationships:

Commitment Freedom Awareness Healing Joy  
Communication Release Understanding and  
enacting these principles can help you at any  
stage in your intimate partnering, whether  
you've been with someone for many years or are  
currently single and want to prepare for a  
relationship. The authors make clear that the  
principles in this book aren't secrets because  
they are hidden away, but are more akin to  
undiscovered focal points that can lead to  
deeper, more meaningful connections. Part of  
the secret, as you will see, is in the art of putting  
these ideas into practice day after day and year  
after year.

**What Men Really Want In Bed** Cynthia W.  
Gentry 2010-04-01 What do men wish women  
knew about sex? The answer's not as simple as  
you think! In *What Men Really Want in Bed*, 200  
men from all backgrounds and walks of life  
reveal frank, surprising truths about sex and  
what really turns them on (and off), including:  
The most exciting thing a lover has ever done to

them in bed; What kinds of things their partners  
do that make them feel special and appreciated;  
How they really feel about oral sex; What they  
wish their wives and girlfriends knew about  
seduction, foreplay, masturbation, intercourse,  
sexual positions, body image, and more.

**The 10 Secrets to Great Sex** Felicia Zopol  
2003-12 The makers of the bestselling and  
nationally acclaimed Better Sex Video Series(  
have created the first-ever companion book to  
the videos. This helpful guide covers both the  
physical and emotional sides of sex, revealing  
how readers can best spice things up. Photos.  
*And the Bride Wore White* SAMPLER Dannah K.  
Gresh 2012-07-01 Enjoy these SAMPLE pages  
from *And the Bride Wore White*- Reviewers  
continue to rave about *And the Bride Wore  
White: Seven Secrets To Purity*. But the greatest  
proof of it's effect is in the lives of tens of  
thousands of young women who've embraced the  
book's proven "How-to-wait" skills. Each chapter  
of *And the Bride Wore White* begins with a

narrative of Dannah Gresh's young love life, taken from her own teenage journals. She transparently shares her struggles and successes, her moments of pain followed by healing and the moments of triumph. This story-line grips the young reader while they learn statistically proven risk-reduction factors. The end result is usable "how-to-say-no" skills that can reduce the risk of a young woman's heart being broken by sexual sin. In this update, Dannah and her friends share open letters of encouragement to young women, one for those who chose life and another to those who chose abortion, a letter to teen girls addicted to pornography and another to girls who have experienced sexual abuse, and many more specific to a young woman's unique circumstances. Over 250,000 copies sold!

**7 Secrets Guys Will Never Tell You** Jackie Brewton 2016-07

Think Sex 2002

**7 Secrets of a Healthy Dating Relationship**

Les III Parrott 1995 Choosing whom to date and ultimately finding true love is one of the most important decisions teens and young adults will ever make. "7 Secrets" outlines seven qualities to look for in others and ourselves to build great relationships.

*Seven secrets of long sex* Maria Gerasimova 2022-05-15 This book is the quintessence of thematic interviews, official surveys, personal observations and conclusions drawn on the basis of numerous psychological consultations. In the book, the author presents his non-standard view on a topic that interests many men and women: long sex in general and long sexual intercourse in particular. The book is written easily and can be read in one go.

**The 7 Secrets of Happiness** Gyles Brandreth 2013-12-24 Lovable British comedian Gyles Brandreth's look at the pursuit of happiness and why it matters—refreshingly free of wishy-washy, feel-good mumbo-jumbo and full of straightforward, down-to-earth guidance On



June 17, 2013, Gyles Brandreth delivered the Baggs Memorial Lecture at the University of Birmingham—an annual conference on the theme of happiness and how it can be achieved. His speech was met with thunderous applause and a widespread demand to know more about the secrets of being happy, so he set about writing this poignant book of truths, sprinkled with British wit and humor throughout. With extensive research backing him, Brandreth travels the world over and meets numerous luminary figures, asking the questions: What is happiness? Who gets to be happy? For the queen of Denmark, it is finding happiness in routine; for Sheikh Raschid al Maktoum, it is the certainty of being confident in yourself when others doubt you; for Rod Stewart, it is taking pleasure in the simple things. Through fascinating anecdotes by the likes of Archbishop Desmond Tutu and renowned psychiatrist Dr. Anthony Clare, Brandreth explains why you need to know the seven secrets of happiness and why

you need them now.

Seven Secrets to Sexual Purity Dannah Gresh 2000-10-12 And the Bride Wore White is a fantastic book on purity for single women—well written, cool graphics, and interesting without being preachy. Author Dannah Gresh gives seven secrets to sexual purity. She gives guidelines for dating and friendship, dealing with regret, healing a broken heart, and a three-step plan to break off destructive relationships. Book may be used alone or with the 10-session workbook designed for small groups and retreats. 184 pages, paperback. And the Bride... Leader's Guide is a 10-session leader guide for small groups and retreats. (Moody)

**The Seven Principles for Making Marriage Work** John Gottman, PhD 2015-05-05 NEW YORK TIMES BESTSELLER • Over a million copies sold! “An eminently practical guide to an emotionally intelligent—and long-lasting—marriage.”—Daniel Goleman, author of *Emotional Intelligence* *The Seven Principles for*

Making Marriage Work has revolutionized the way we understand, repair, and strengthen marriages. John Gottman's unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest

potential.

**The 7- Secrets of Celibacy** Margaret Layton  
2014-09-20

**10 Secrets to Great Sex the** Felicia Zopol  
2001-01-01 This couples-oriented volume shares the accumulated wisdom of well-known sex educators, therapists, researchers, and real couples. Photos.

**The Universe's Guide to the Seven Secrets**  
Dave Alty 2021-08 Dave Alty's, *The Universe's Guide to the Seven Secrets* is an offbeat, satirical odyssey into our dystopian future, as sobering as it is farcical. It mixes the humour of Kurt Vonnegut with the hilarity of Douglas Adams. So, what's it all about? Well, words and music for a start, with magic, and a little time travel for a middle, then the secrets of the universe and the search for a perfect life to end. Or, perhaps, when all's said and done it's simply about an average guy being confronted by an explosion of creativity after having the good fortune of attending university in middle age.

Travelling through time it takes a comic look at the dystopian future we may expect if we carry on down the dodgy old socio-political road we're on right now. There's music in there too. Music and music nostalgia, particularly from the 60's 70's and 80's. Oh, and there's secrets, of course there is, but not just the seven in the title, there's eight and the eighth, or sex secret, will have your partner looking at you in a most peculiar way! Existentialism; the various uses and misuse of technology; artificial intelligence becoming creative; costs of fame; religion and its place in the modern world, and another biggie - is the mind its own place? - are all in here. Can we will ourselves to become who we want to be and if we could, where would that leave us? Yes, it's all here, but anyhow, whatever it's about humour certainly plays a big part, and it can't be stipulated enough the higher the level of your knowledge and understanding, the deeper the depths of your insight and reward. Knowledge is power.

**This Is Your Do-Over** Michael F. Roizen  
2015-02-24 Shares seven secrets to losing weight, restoring vitality, and regaining optimal health, with tips on selecting a buddy or coach.  
[The Seven Powerful Secrets of Emotional Sex A.](#)  
Vishwanath 2005 The Seven Powerful Secrets of Emotional Sex will reveal to you that the greatest discoveries in sex are not found in the path of sex but in the emotional connectors which lead to sex. These emotional connectors of religion, culture, relationships, and attraction are what constitutes the darker side of sex, and the sexual energy within us is what perpetuates the inner beauty to be reflected outwards. We have always been speaking on behalf of sex; we have never allowed sex to speak on its own. The Seven Powerful Secrets of Emotional Sex is an attempt in this direction.

**And the Bride Wore White** Dannah Gresh  
1999 In this book, Mr. Huges's housekeeper has to estimate the right amount of food to order for 200 guests.

### **Seven Secrets of Managers Who Avoid Employee Lawsuits**

**What Are You Waiting For?** Dannah Gresh 2011-01-18 If you need satisfying answers to your questions about sex, Dannah Gresh has one (surprising) word for you. In *What Are You Waiting For?* Dannah follows the trail of one provocative, ancient word through the Bible to discover God's deepest thoughts about sex. The mind-blowing truth she uncovers clearly points the way to a sexuality that's satisfying and real and everything God designed it to be. (Not one to shy away from edgy topics), Dannah candidly shares... - straight talk about masturbation and pornography - the ground-breaking science that explains the addictive power of romantic experiences - honest answers about the lesbian question - a clear plan for breaking free from sexual guilt - the unexpected key to a lifetime of truly fulfilling intimacy If you're a young woman looking for honest answers about sex—and wondering why it's such a big deal to

God—you've come to the right place. In these pages you'll discover a life-changing truth that no one ever talks about—a truth that will transform everything you think you know about sex, romance, and God. So what are you waiting for? The answer is right inside.

**Your Amazing Itty Bitty Have More Sex Book** Jan Robinson 2016-11-09 *Have More Sex Book - for Men How to Bring Out a Woman's Natural Sexuality and Satisfy Her Completely with 15 Secrets That Will Keep Her Coming Back for More! You've been lied to. Women LOVE sex! The problem is, what works for most men is opposite of what works for most women. In this revolutionary Itty Bitty Book, Jan Robinson lifts the veils on feminine sexuality, and shows you how to stop wasting time with cliched approaches that don't work and start focusing on what does so that you both get to enjoy more great sex more often. You will learn: The little-known universal principles that underlie the female sexual response. Practical*

techniques for sparking instant connection and attraction (whether single or married). Secrets to sizzling, soul-satisfying sex that will keep her sexually "addicted" to you. Pick up a copy of this eye-opening book today and discover how loving the special woman in your life properly and being confident with your skills is the secret to getting all the sex you could ever want!"

*Dr. Ruth's Top Ten Secrets for Great Sex* Sabine Walter 2009-01-12 Sex between two adults in a loving relationship is, according to Dr. Ruth, one of the most natural things in the world. And although you don't have to know very much if all you're trying to do is procreate, it's a whole other story if you're trying to get the most pleasure. We're all unique individuals and so the way we get the most out of sex is slightly different for each of us. So in order to engage in sex that maximizes pleasure, some guidelines are necessary. That's especially true if one or both partners have a special need of some sort, which is not uncommon. Also, every couple

changes over time, and if you're not familiar with the approaching speed bumps, they can turn into barriers. And you shouldn't fight change, she says, you should embrace it. Change can help push boredom aside, provided you're prepared and willing to head off in the right direction. In this wise book, the beloved sex therapist boils down her life teaching to ten basic secrets, including: Make Sex a Priority Know Yourself Know Your Partner Know the Kama Ruthra Kick Boredom out of the Bedroom Remember the Romance Afterplay is as Important as Foreplay Improve Communication Prepare for the Changes that Lie Ahead ...and others. "Once you have a good grasp of these rules," she concludes, "you'll be free to improvise...the only way you'll keep finding the pleasure that terrific sex can bring".

**Think Sex** Jenny Hare 2000 We've been sold one of the biggest myths of all time -- that sex is physical. Forget it. Great sex starts in the mind. Once you 'think sex, ' body, soul, and spirit fuse

for fantastic lovemaking. Think Sex reveals the seven secrets of the mind/body connection, how your mind activates sensual and sexual impulses, and how your emotions enhance your and your partner's arousal. Appropriate for anyone interested in enriching their sex life, Think Sex proves imagination is everything!

**Secrets of a Supersexpert** Tracey Cox  
2009-01-06 Like her previous books, Tracey's latest title is a lavishly illustrated, practical sex manual that's also a great read... but this time there's a twist. In *Secrets of a Supersexpert* Tracey shares not just her own views on sex, but what she has learned from the secrets that others confide in her. She shows you the best techniques for great sex, all delivered with the insight and insider knowledge of 15 years as the world's foremost sexpert. Like the best friend you come to for confidential advice. Tracey is an international sex, body language and relationships expert who appears often on NBC's "Today Show". She is well-known for her TV

shows on sex and relationships, including *The Sex Inspectors* (HBO) and *Date Patrol* (Discovery Channel). For more information about Tracey, visit [www.traceycox.com](http://www.traceycox.com) or for Tracey at iVillage, visit: [traceycox.iVillage.com/love/](http://traceycox.iVillage.com/love/)  
*And the Bride Wore White* Dannah K. Gresh  
2012-06-20 With over 250,000 copies sold, reviewers continue to rave about *And the Bride Wore White: Seven Secrets To Purity*. But the greatest proof of its effect is in the lives of tens of thousands of young women who've embraced the book's message. Each chapter of *And the Bride Wore White* begins with a narrative of Dannah Gresh's young love life, taken from her own teenage journals. She transparently shares her struggles and successes, her moments of pain followed by healing, and the moments of triumph. This story-line grips the young reader while they learn statistically proven risk-reduction factors. The end result are usable "how-to-say-no" skills that can reduce the risk of a young woman's heart being broken by sexual

sin. In this update, Dannah and her friends share open letters of encouragement to young women, one to those who chose life and another to those who chose abortion, one to teen girls addicted to pornography and another to girls who have experienced sexual abuse, and many more specific to a young woman's unique circumstances.

### **The Seven Secrets of Really Great Sex**

Graham Masterton 1999 Drawing upon the anecdotes of real-life couples, Graham Masterton's latest sex manual reveals seven key methods for achieving a more satisfying love life. Learning from erotic sources, both ancient and state-of-the-art, you can become the lover that everyone dreams of having. In only a few short weeks, you can develop the confidence and insight necessary to please your lover...and yourself!

*Dr. Perricone's 7 Secrets to Beauty, Health, and Longevity* Nicholas Perricone, MD 2007-11-13  
He has shown us how to smooth our wrinkles,

and helped us slim down without feeling deprived. Now #1 New York Times bestselling author Dr. Nicholas Perricone gives us an anti-aging program that unveils the miracle of cellular rejuvenation. These seven powerful strategies are not only easy to follow but present a plan for total health designed to help us look and feel great by age-proofing us from the inside out. Taking a holistic approach that taps into cutting-edge science, Dr. Nicholas Perricone reveals how to rev up our cellular metabolism so that we can stay healthy, strong, and energetic, while keeping our skin soft, smooth, and supple. These strategies will help us reverse osteoporosis, restore bone structure and muscle mass, revitalize brain cells, reduce the chances of heart disease and cancer, elevate mood, manage blood sugar, and slim down and stay trim. Inside Dr. Perricone's 7 Secrets to Beauty, Health, and Longevity you will discover • the six kinds of food you need to eat every day, as well as healthy and delicious snacks—including a

vegetable that both suppresses appetite and builds muscle • new findings about the best nutritional supplements to win the fight against aging • revolutionary skin rejuvenating secrets for radiant, toned, and youthful-looking skin • the role of pheromones in curbing depression, boosting self-confidence, triggering weight loss, and improving libido • the essential oil that is more powerful than antibiotics • an exercise plan that will shape your silhouette and strengthen your bones in as little as ten minutes a day • delicious recipes, easy shopping lists, and a guide to safe cookware so that you can create your own anti-aging kitchen • Dr. Perricone's trademark tips about new products that really work—and where to find them Whether your aim is to look younger, improve your health, or just feel great, you'll see fast results by following Dr. Perricone's simple program. These seven indispensable secrets will keep you beautiful, healthy, and young all through life.

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