



Write Your Skin a Prescription for Change

Dr. Katie Rodan, Dr. Kathy Fields, Lori Bush

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The doctors are in and ready to answer your questions.

In this straight-talking, optimistic book, *Write Your Skin a Prescription for Change*, renowned dermatologists **Dr. Katie Rodan** and **Dr. Kathy Fields** passionately draw on forty years of combined clinical experience to offer you what they give their patients -- sound clinical and lifestyle advice for a future of healthy, beautiful skin.

Their perspective is compelling and will inspire the choices that can help you look and feel your best today, tomorrow, and well into the future.

Whether you are 18 or 81, it's never too late to change your skin's destiny. Their patients are their inspiration. They've witnessed the transformation in confidence and self-esteem a person goes through as she gains control over frustrating skincare issues and knows her skin looks great.

Their goal with this book is to extend their patient privilege to you by offering the best skincare solutions straight from their offices. They want everybody to experience their best skin ever; as the saying goes, "it's easier than you may think."

Informative, empowering, and interactive, *Write Your Skin a Prescription for Change* will become your go-to guide for taking control of your skin's destiny.

So, if you're wondering why you have acne at forty, how to treat a red, sensitive patch on your cheek, or what the latest procedure is to get rid of a wrinkle, this is your comprehensive resource.

Based on Dr. Rodan's and Dr. Fields' expertise, shared through case studies, lists, charts, interactive exercises, and insider tips, you will learn:

- ** How to assess your complexion like a dermatologist
- ** What the most common skincare concerns are and options for treatment
- ** How to combat the key aging culprits
- ** How to reverse sun damage and restore a healthy, clear, even-toned complexion
- ** About the latest cosmetic procedures and if they are right for you
- ** When to self-treat and when to visit a dermatologist

***Write Your Skin a Prescription for Change* gives you "on-call" access to the skincare savvy of two of the country's top dermatologists. Their advice will help you make wise choices, improving the way you look and feel tomorrow, next year, and well into the future.**

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