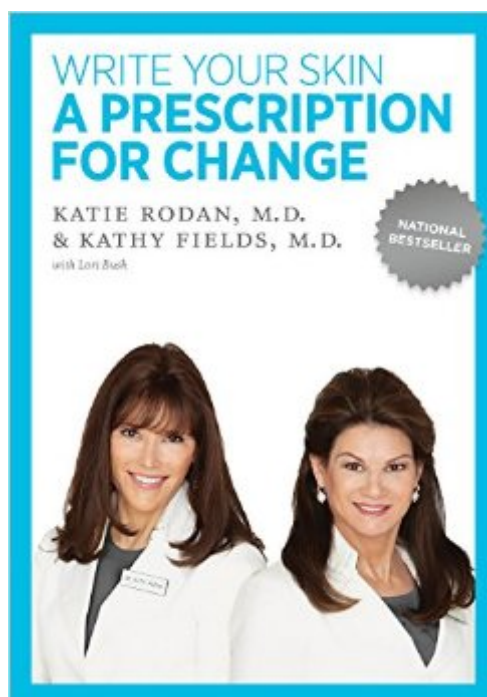


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Write Your Skin A Prescription For Change



Synopsis

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.

Book Information

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Customer Reviews

I hate to be the only one to write a negative review, but this book just didn't deliver for me. I bought the book expecting to be able to treat my red and scarred skin, but instead got a short chapter on causes. The book just doesn't tell you how to treat problems; it spends too much time describing them. Also, half of the book is devoted to wrinkles and surgery, which is none of my concern. I did learn some helpful tips that I will implement, but overall it just isn't worth the money. If I could sum up the book in one phrase it would be this - wear sunscreen everyday, rain or shine.

This book was a disappointment to me. You may not feel the same, but I will tell you why. This book promised to be more of a guide and "how to". What I found is that this book is so general as to be vague and not helpful. It does a decent job of generally discussing in separate chapters what skin looks like, how it functions, what damages it, impacts it, and what is available to help. Sounds good, but I was looking for more in-depth information and knowledge. What I found was a mild elaboration of what we all know from the net: Sun bad, Sleep Good, Nutrition important, Don't Smoke. It did give a nice simple shout out to hormones, pregnancy, estrogen, menopause etc. But not a lot I could take home and really use. Once you point it out I want to know "Now what are my tools? How do I get them? How do I use them? When? How Often? Do I layer them on? Can I get them at Wal-Mart? What about natural? Food? What Foods? You get the picture. I am just disappointed. I thought that might be the case. I wasted my money, but it was a gamble I was willing to take. I did get a couple of ideas and am thankful for those. All in all, not for me. If you need to start at ground zero, it might be ok!

I recommend this book to anyone with skin conditions,diseases or disorders.I have had severe acne since I was a teenager (I am now in my mid 30's). I chose to take their skin care advice and I wanted to learn more not only about my skin, but about these two amazing doctor's who contributed immensely to solutions for troubled skin .This book was easy to understand and educational, a vast majority of skin problems were covered along with helpful, practical advice.Reading this book was the next best thing to a trip to their office.Thank God these two amazing lady-dermatologists

recognized a great need for change in all of their patients skin. Their approach to dermatology is right on the money, I assure you. I spent my entire teen-hood (and my parents spent thousands of dollars) in the dermatologist office seeking a solution that was never found for my skin. i have been following their skin-care advice for 10 years now and my skin stays clear. Those of us with troubled skin do not have to hide anymore-the solutions are inside this book!

This book is like having a personal dermatologist in your home. Every skin issue is addressed and real solutions and suggestions make this a must-have for everyone. As a mom of three - this book will be within my reach at all times! Now when I have a skin question or problem I don't have to pay to go to the doctor just to ask a question. The doctors have written a book that is easy to read, easy to understand, and entertaining! I'm buying extras to give as gifts this Christmas.

This is one of the most comprehensive books on skincare, written by women, for women. I recommend it highly for women of all ages, with all types of skin. I have used the Rodan + Fields products, specifically the Reverse regimen. There is nothing on the market to compare without paying thousands for consultations.

I love these two doctors! They have INCREDIBLE products that can be bought through independent consultants such as myself, and they don't even mention their own products in this book. It's all about healthy skin!

Like many other negative reviewers, I agree that most women who have followed skin care advancements and take the subject seriously will not find any new knowledge in this book.

This is a well written, educational and informative book about our skin. Medical and technical information is explained in layman's terms. Easy to understand with lots of examples and advice. Dr. Katie Rodan and Dr. Kathy Fields have used their expertise as dermatologists to bring their findings and knowledge about proper skin care to the masses.

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