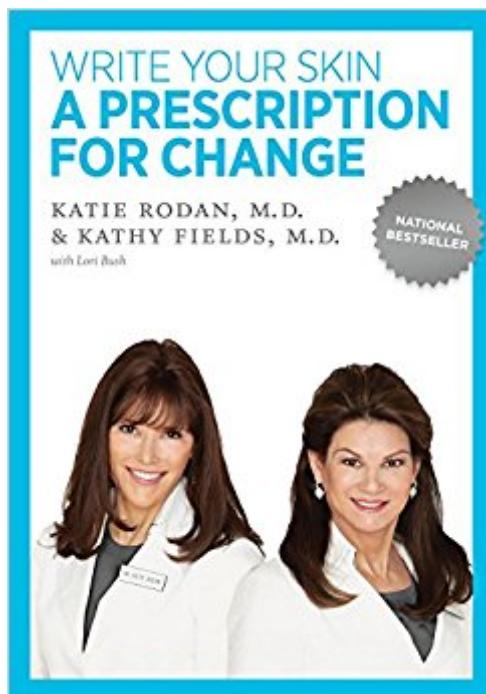


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# Write Your Skin A Prescription For Change



## 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

Katie Rodan, MD, and Kathy Fields, MD, are Stanford-trained practicing dermatologists and co-developers of Rodan and Fields Dermatologists and world-renowned Proactiv Solution. Astute businesswomen, accomplished doctors, and successful entrepreneurs, Drs. Rodan and Fields have touched the lives of more than fifteen million people with their targeted skincare solutions. Both have been profiled in Best Doctors in America and are Fellows of the American Academy of Dermatology. These leading skin experts are frequent contributors to medical journals and regular speakers at national dermatology conferences. They have been featured on numerous television and radio shows and quoted in popular magazines and newspapers. In 2002, they co-authored their first book, *Unblemished*. Dr Rodan is a Clinical Associate Professor of Dermatology at Stanford University School of Medicine. She completed her dermatology residency at Stanford and received her medical degree from the University of Southern California School of Medicine in Los Angeles. Dr. Fields is an Assistant Clinical Professor of Dermatology at UC San Francisco. She completed her dermatology residency at Stanford University Medical Center and received her medical degree from the University of Miami School of Medicine. Lori Bush is a leader in the field of skincare, with more than twenty-five years of experience in the consumer and health care products industries. She serves as president and general manager of Rodan and Fields Dermatologists and in the past has represented some of the world's most respected consumer product brands. She is a frequent speaker at industry events and has authored a number of papers dealing with the health, beauty, and direct selling industries. She earned her BS from The Ohio State University and her MBA from Temple University.

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!

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.

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.

Interesting guide to your skin.

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!

This book is a MUST read. It contains not only explanations about skin, skin care but also about the change in hormones during and post menopause. It is excellent!!!

Terrific book.. Soo much information and easy to read!! I recommend this book to everyone who cares about the health and beauty of their skin!

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!

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