



## What s Your Secret?: How One Centerfold Stays Alluring and Fit Past the Age of Fifty (Paperback)

By Helena Antonaccio

iUniverse, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A Playboy Playmate of 1969, author Helena Antonaccio was asked to pose for the magazine once again for the August 1997 issue. Even though she s past the age of fifty, Antonaccio still makes a living in front of the camera. How does she do it? What s Your Secret?: How One Centerfold Stays Alluring and Fit Past the Age of Fifty reveals Antonaccio s secrets for looking and staying young. With the public s hunger for natural, real-life solutions, Antonaccio tells you exactly how she has kept her beauty, energy, and vitality. Through a compelling mixture of alternative anti-aging methods and good old-fashioned advice, Antonaccio offers you ways to improve your enjoyment of life as a whole by discussing the following: Benefits of vitamins Stretching exercises Organic foods Dos and don ts of skin care Anti-aging foods And much more! Antonaccio proves that it is possible to look good past the age of fifty, and will inspire you to live a more healthy and happy life. What s Your Secret? can help you be young and vital again!.



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