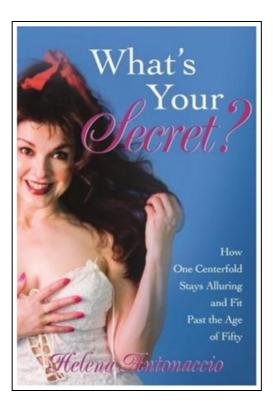
# What s Your Secret?: How One Centerfold Stays Alluring and Fit Past the Age of Fifty (Paperback)



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### Reviews

A really awesome book with lucid and perfect information. Of course, it is actually play, nonetheless an amazing and interesting literature. You are going to like just how the article writer create this ebook. (Nakia Toy Jr.)

## WHAT S YOUR SECRET?: HOW ONE CENTERFOLD STAYS ALLURING AND FIT PAST THE AGE OF FIFTY (PAPERBACK)



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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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