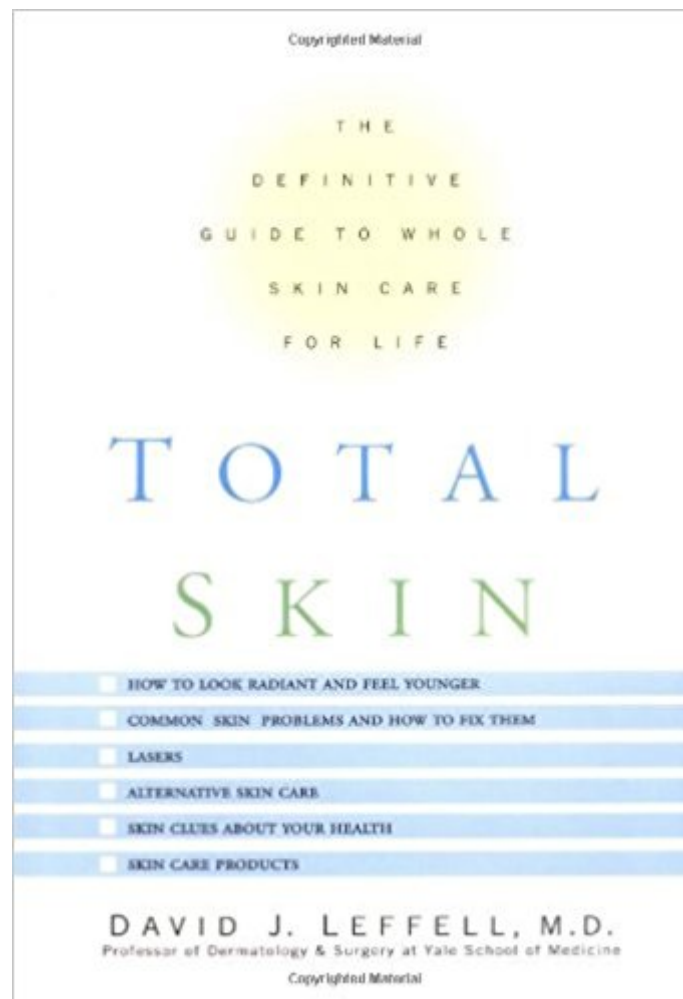




The book was found

Total Skin: The Definitive Guide To Whole Skin Care For Life



Synopsis

What Our Bodies, Ourselves did for womens health, this complete reference guide by a highly respected dermatologist will do for skin. Written for adults of all ages and races, Total Skin offers information on the latest medical research, answers to commonly asked questions, and to questions you never thought you would need to ask. In addition, Dr. Leffell offers innovative action steps for targeted care, and includes interesting and informative sidebars. Total Skin promises to be the only general reference book by one of the countrys most highly respected dermatologists to go beyond beauty tips and miracle fixes. Accessible, informative, and written in the informal but authoritative tone of a trusted expert, Total Skin will stand beside other family medical reference books to provide accurate and up-to-date information on the most important, and least understood, part of the body.

Book Information

Hardcover: 464 pages

Publisher: Hyperion (May 2000)

Language: English

ISBN-10: 0786865040

ISBN-13: 978-0786865048

Product Dimensions: 6.5 x 1.2 x 9.5 inches

Shipping Weight: 1.5 pounds

Average Customer Review: 4.5 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,932,301 in Books (See Top 100 in Books) #95 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care](#) #727 in [Books > Medical Books > Medicine > Internal Medicine > Dermatology](#)

Customer Reviews

The skin of a human adult weighs about nine pounds, which is a small proportion of total body weight. Yet the skin is a vital organ and a fascinating subject for a book. Yale professor Leffell has long experience in clinical practice and research, and he presents much information in a most understandable way. How does the skin grow and perform its varied tasks? What roles does the skin play in health, disease, and appearance? What really protects the skin from the effects of sun, aging, and other potential enemies? Leffell answers such questions practically, complete with counsel on when to see a physician and when to handle a skin condition on one's own. The sections on lasers and on Mohs micrographic skin cancer surgery, one of Leffell's specialties, are especially good, as is his skeptical habit of calling the "cosmaceuticals" that drug companies

manufacture and market "advertising gimmicks." Furthermore, hair and nails fall within Leffell's parameters for discussing the skin. William BeattyCopyright © American Library Association. All rights reserved

One of the country's leading dermatologists and an internationally recognized expert in skin cancer and aging, David J. Leffell, M.D. gives us the most comprehensive and reliable book to date on our most familiar but perhaps least understood organ: our skin. In his new book, *Total Skin*, Dr. Leffell offers essential information on skin health and skin care, including advice on looking youthful and radiant, dealing with common skin problems, protecting and preserving your skin, and being smart about skin cancer and melanoma. Dr. Leffell also tells readers what to expect from the latest advances in cosmetic surgery and other methods of making skin look younger.

I expected a book on skin written by an eminent dermatologist to be chock-full of helpful information, but I was astounded (yes, astounded) to find myself reading "Total Skin" like a novel. By balancing instruction with entertainment, Dr. Leffell produced a book that kept me reading long after I had planned to stop. He also answered some very important questions I didn't know enough to ask. From make-up to laser surgery to skin cancer - it's all covered (in a very readable form and often using graphics). I highly recommend that you find a place on your shelf for this one -- I guarantee you'll keep referring to it.

I am an Esthetics student and found this book very informative. The only reason I didn't give 5 stars is because it is a little out of date on the latest treatments. Still worth getting though.

Great and informative book. I particularly liked the discussion of various types of skin cancer, and the pictures of the different types.

I learned an incredible amount from this book and enjoyed every word. Leffell somehow manages to educate while liberally applying humor and wit. Thanks to him, I now know how to improve the appearance of my skin while ensuring its health. Along with the comprehensive coverage of topics, the book includes contact information for patient support and skin disease organizations. I'll be recommending this book to all my family and friends.

This book offers a user friendly introduction to skin and coverage of various cosmetic treatments,

but did not offer the kind of depth that I had hoped for. For people with a science background I would stick to textbooks + online searches. For others this book would probably suffice.

[Download to continue reading...](#)

Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Whole Food: The 30 Day Whole Food Challenge ~ Whole Foods Diet ~ Whole Foods Cookbook ~ Whole Foods Recipes (Whole Foods - Clean Eating) Total Skin: The Definitive Guide to Whole Skin Care for Life Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies) Organic Skin Care: Heal Eczema and Eliminate Problem Skin with DIY Organic Skin Care Recipes That Nourish, Protect and Hydrate All Skin Types 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook ~ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook ~ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Essential Oil Beauty Secrets: Make Beauty Products at Home for Skin Care, Hair Care, Lip Care, Nail Care and Body Massage for Glowing, Radiant Skin and Shiny Hairs Skin Care: Eczema Treatment for beginners (2nd EDITION REVISED AND EXPANDED) - How to get rid of eczema forever - Natural Treatments and Available Cures ... Eczema Therapy - Skin Care - Skin Disease) Eczema: The Definitive Eczema Cure - How To Overcome Eczema Forever And Live Your Life! (Skin Conditions, Dermatology, Eczema, Acne, Psoriasis, Skin Care, Essential Oils Book 1) Chilton Total Car Care Jeep Wrangler 1987-2011 Repair Manual (Chilton's Total Care) The Mario Badescu way to beautiful skin: How to have radiant, healthy skin using the techniques and all-natural formulas of one of America's leading skin care specialists The New Science of Perfect Skin: Understanding Skin Care Myths and Miracles For Radiant Skin at Any Age Clinical Guide to Skin and Wound Care (Clinical Guide: Skin & Wound Care) 30 Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker ~ Quick And Easy Chef Approved Whole Food Recipes For Weight Loss (Slow Cooker Cookbook) 30 Day Whole Food Slow Cooker Challenge: Quick and Easy Whole Food Slow Cooker Recipes For The Everyday Home ~ Delicious, Triple-Tested,

Family-Approved Whole Food Recipes (Slow Cooker Cookbook) Whole: 29 Days Of Whole Eating
And Top 50 Unique Paleo Inspired Recipes-Reset Metabolism And Lose Weight By Eating Whole
Food Diet 30 Day Whole Food Slow Cooker Challenge: Whole Food Slow Cooker Recipes;
Pictures, Serving, and Nutrition Facts for Every Recipe! Fast and Easy Approved Whole Foods
Recipes for Weight Loss

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)