



# The Best Skin of Your Life Starts Here: Busting Beauty Myths So You Know What to Use and Why

*Paula Begoun, Bryan Barron, Desiree Stordahl*

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Best-selling beauty author and internationally known "Cosmetics Cop" Paula Begoun and her team of beauty experts from *Don't Go to the Cosmetics Counter Without Me* are back to give readers the facts about skin and how it needs to be treated. From acne to wrinkles and everything in between, Paula and her team reveal the truth about skin type, skin concerns, cosmetic corrective procedures, dozens of today's most pervasive cosmetic myths, and some of the most helpful, surprising makeup tips we've uncovered in our careers. Readers learn why so many products don't work as claimed, discover some of our favorite products, and learn how you can easily put together a skincare routine that gets you the best possible results without sorting through all the hype and misleading information. Readers feel as though they're getting truly helpful advice from a good friend — someone who's been there, knows what skin problems do to one's self-esteem, and is shedding some much-needed light on the often-confusing world of beauty. The best part? All of the skincare tips and recommendations in this book are based on published scientific research, so you can be confident you're making the smartest decisions for your beauty needs.

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