



To Hell in High Heels (Paperback)

By Helena Frith Powell

Cornerstone, United Kingdom, 2008. Paperback. Condition: New. Language: English . Brand New Book. Sooner or later, it happens to everyone: getting older. Some do it gracefully, others less so, but no one is immune to wrinkles and grey hair creeping up, seemingly overnight. And once they're there, they're hard to shift. Helena Frith Powell, fashion and lifestyle journalist extraordinaire, didn't even want to think about surrender. Surely, something could be done about advancing age? Armed with potions, lotions and pills (as well as resorting to a few much more extreme measures), she sets out to investigate any and all anti-aging tricks out there. From green tea and botox to yoga and exfoliating masks, *To Hell in High Heels* is the hilariously funny tale of one woman taking on the body clock, giving you a tried-and-tested survival guide for that ill-fated moment when the first wrinkle dares show its face.

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