



the little book of Skin Care

Korean Beauty Secrets *for* Healthy, Glowing Skin

CHARLOTTE CHO

of Soko Glam

Nice Book Little Book Skin Care Secrets

Roman Wölfel



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Acne Shayan Waseh, 2022-12-01 This book addresses readers most pressing questions and concerns about acne including its causes effects on the skin and impact on self esteem It provides guidance and resources for anyone struggling with acne including information about when to see a dermatologist Pimples Blemishes Spots Zits Whatever you call it acne is something that almost everyone will have to deal with at least once in their life But what exactly is acne and how do the various types of it differ What role do hormones diet and other lifestyle factors play in causing it How can it be prevented and effectively treated at home and when is it a good idea to see a health care professional How can we stop acne from taking a toll on our skin and our self confidence Books in Greenwood s Q needs and concerns Prevalent myths and misconceptions are identified and dispelled and a collection of case studies illustrates key concepts and issues through relatable stories and insightful recommendations Each book also includes a section on health literacy equipping teens and young adults with practical tools and strategies for finding evaluating and using credible sources of health information both on and off the internet important skills that contribute to a lifetime of healthy decision making

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