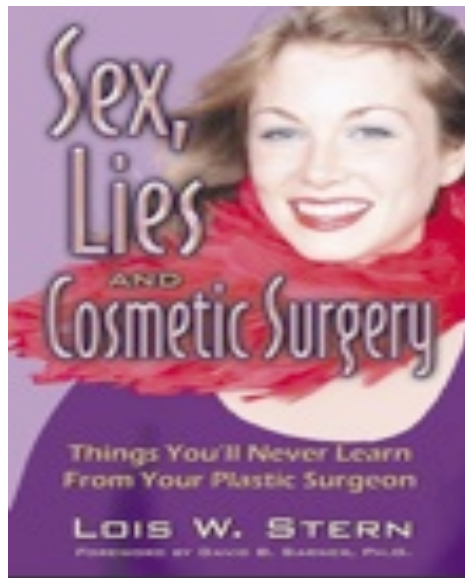


NutraBeauty News

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Book Review



"Sex, Lies and Cosmetic Surgery"

by Lois W. Stern

Don't let the title give you the wrong impression, this book is both serious and educational. More than one hundred people contributed to this book,

including women who have added their own experiences anonymously.

The author, Lois W. Stern, gives us the stark and touching truth about what happened to her as a plastic surgery patient, and brings to light some of the truths and misconceptions about this very personal journey.

The book is designed to act as a guide for any woman who is considering a cosmetic surgery procedure, and includes worksheets and questionnaires on some delicate subjects such as your self-esteem, your sexuality, signs of depression and testing your body image.

"Sex, Lies and Cosmetic Surgery" means to give a woman insights as to how she might react to the emotional aspects of permanently changing her face and/or body appearance, which is something the author feels strongly needs to be addressed.

Every chapter in this book is filled with in-your-face honesty, and the author clearly feels that this is what every woman needs to be able to communicate to herself before going under the knife.

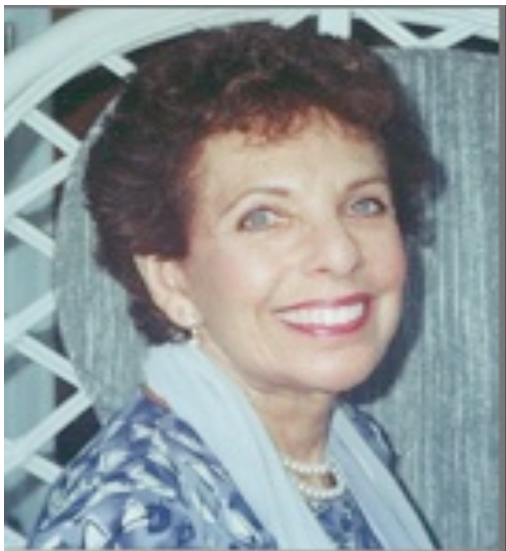
Chapters 5 and 6 are especially thought-provoking as Ms. Stern opens up about her feelings toward

the doctor who performed the plastic surgery. The term "transference" is brought into the picture, and the author recounts her own, in her words , "humilating" experience.

In short, I found this book to be one that I could not put down, and frankly, nothing like the scandal sheet type stories we all too often see.

Overall an empowering and uplifting book, I recommend this book to any woman who is about to undergo plastic surgery, and after reading this, you might as well!

About the author.....



Lois W. Stern

After twenty years as an educator, Lois W. Stern became involved with state and national educational conferences, making presentations at both.

Her credentials include:

Co-President of Suffolk Reading Council

Regional Director of Nassau and Suffolk LI Reading Councils

Founder of Kidstories, creating personalized books and poems for children

She attended Barnard College and Columbia University and holds a Masters Degree in Elementary Education and a second in Reading and Special Education