

A companion to the bestselling *The Perricone Prescription*, this personal journal is filled with information, tips, and a three-month day-by-day guide to everything you need to do to look and feel years younger! With detailed information about Dr P.'s diet and exercise suggestions, tips for staying motivated, a step-by-step daily skin-care routine, and a helpful three-month day-by-day guide to each step in the Perricone process, *The Perricone Prescription Personal Journal* is the perfect companion to the bestselling *The Perricone Prescription*. Let's face it: the average Australian wants to look his or her best (not to mention, his or her youngest), but busy schedules and a life on the go make it difficult to remember and follow all the details of a new diet, even one as easy-to-follow as Dr Perricone's. *The Perricone Prescription Personal Journal*, which breaks the diet into daily doses, makes the instructions easier to stick to and remember, and virtually guarantees a successful journey to vibrant, younger-looking skin, and a fit, toned body.

*The Perricone Prescription Personal Journal: Your Total Body and Face Rejuvenation Daybook* by Nicholas, M.D. Perricone () [M.D. Perricone. *The Perricone Prescription Personal Journal: Your Total Body and Face* A companion to the bestselling *The Perricone Prescription*, this personal journal is . Find great deals for *The Perricone Prescription Personal Journal: Your Total Body and Face Rejuvenation Daybook* by Nicholas Perricone (, Paperback).

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