



Beautiful Skin Revealed and a Giveaway

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There are several bad obsessions to have and I have a pretty good one, which is taking care of my skin. Ever since I was young taking care of my skin was a priority of mine. Just because I take care of my skin as best as I can doesn't mean I don't have issues with my skin. Redness, occasional breakouts, oiliness and then at times severe dryness. Then there's the additional issues I have such as loss of firmness and lack of youthful glow. I'm sure there are more things I could nitpick about, but you get the picture.

Now to help with these issues I and others have, "[Beautiful Skin Revealed: The Ultimate Guide to Better Skin](#)" was co-written by Dr. Paul Friedman, a board certified

Dermatologist. This coffee table style book offers an expert's insider view on common skin conditions and treatments that really work, in addition to offering tips on how to maximize the time with your dermatologist.

From teen skin issues through the generations to those dealing with wrinkles, this book covers so many of the skin care issues that many suffer with. Now you have a chance to win this book for yourself!

In the comments, enter your name and if you have a skin care issue. It's that simple. Contest ends on Monday, October 11th at 11:59 PM CST. One winner will be randomly chosen. Good luck!