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This book says that

The SPRINGTIME of A WOMAN'S LIFE SHOULD BEGIN AT 55

That she should not reach middle age till she is seventy. And that she should not lose her ability to attract men until she is well past ninety—**IF SHE WILL ONLY BECOME AWARE OF THESE FOUR GREAT NATURAL SOURCES OF PROLONGED YOUTH, COMPLETELY OVERLOOKED BY 99% OF AMERICAN WOMEN!**

For example:

Are These Simple Postures The Key To Victory Over Time Itself?

1) An ingenious way to re-arrange the way you hold your face and neck, for a few incredibly-relaxing minutes every day, that virtually melts away years from the appearance of the skin of your entire upper body. (You'll learn why this simple posture works such breath-taking wonders in the paragraphs below.)

2) A new way to breathe—that purifies your system of the internal poisons that keep you constantly half-ill today, and that eat away your youth like acid.

3) A new way to achieve truly deep sleep—that recharges your body like a battery every night, and keeps accumulated exhaustion from turning you old.

4) And perhaps most important, and most startling of all, a new way to fight the never-remitting forces of gravity that cause the muscles of your face and body to sag deeper and deeper every day.

(This posture alone—this simple, 4,000-year-old "Effortless Exercise" that actually reverses the effect of gravity on your body, and causes it to firm up your muscles instead of collapse them—can give you a slimmer, younger body overnight, and for the next fifty years to come. You'll understand why when you read the paragraphs below.)

Welcome To A Whole New World Of Youthfulness, Physical, Magnetism, And Incredible New Feminine Appeal!

These, then, are the startling, almost-unbelievable promises this book makes to you. But you must realize that to gain these benefits, you must first discard every idea about your body that you have been taught since you were a child—and be prepared to look at "age" and "youth" and "health" and "beauty" through entirely new eyes.

In essence, what you are going to learn, in your very first reading of this fascinating book, is this:

Over 4,000 years ago, in the Far East, some of the wisest men and women who ever lived discovered that "old age" was nothing more than a disease—actually just another ill of the body, to be fought as any other ill.

To do this—to fight this "ageing-disease"—they developed a series of age-delaying techniques called Yoga.

Yoga means Youth. Yoga techniques bring back youth, and prolong youth.

You can see living proof of these facts every day in India, China and Tibet. There Yoga believers have used these techniques to live to fantastic ages (close to 100 years), and still retain virtually the appearance of young women.

These women have achieved "Super-Feminin-

ity." At the ages of 60 and 70 and 80, they have more physical magnetism—are far more attractive to men—than the hordes of "half-feminine" women who may be 50 or 60 years younger.

Once again, this book gives you the techniques these women use—but now adapted and simplified for Western women, with all the religion and philosophy that were evolved along with them stripped away.

And now ready to go to work for you—overnight—to take each part of your body in turn, and repair the tragic damage done to it by strain and time.

Like this—

The First Step: To Give Your Face Back Its Youthful Bloom.

This book says that there is a very simple reason why the skin of your face and neck becomes thin, drawn, pale and wrinkled after thirty:

Because once you reach that critical age, your heart can no longer automatically pump enough nourishing blood uphill to your face, to keep it as smooth and plump and young as it was when you were a teen-ager.

It's exactly as if you stopped feeding water to a potted plant—and then watched the leaves of that plant crinkle up and begin to die.

No beauty parlor on earth—no face cream no matter how expensive—can ever correct this lack of internal nourishment. But Yoga can. It does it in a few exhilarating minutes every day—by showing you an ingenious way to re-arrange the way you hold your face and neck, that automatically causes your body to pour nourishing blood into every fiber of your face.

This simple posture is so easy to accomplish that, for the first few days, you may not be able to believe that it can really be doing you that much good. But then—when you wake up one morning and find your husband studying your face in silent admiration—you will realize the incredible potency of this "youth-restoring technique" practiced by two hundred generations of Eastern women.

And it's just the beginning . . .

How To Sit Your Way To A Beautiful Body

Now you begin the re-education of every contour-shaping muscle in your body—and the elimination of the ugly and deadly fat that has plagued you for years—but this time without such extreme measures as crash diets, sweat boxes, back-breaking calisthenics, or pills or other artificial devices of any kind.

In essence, what you are going to do with this book is learn a series of "Effortless Exercises." These, again, are simple postures and rhythmic gestures that re-charge your energy bank every morning rather than exhaust it . . . and that beauti-

tify the feminine contours of your body, without creating a single bulging muscle (as Western exercises do) to make you look like a man.

One of these postures, for example, (done simply by sitting in a special way on the floor) firms your legs, calves, inner thighs—all in the same moment.

Another lifts and preserves the bust. Another flattens the stomach and slims the hips. Still another prevents flabby arms.

And (in our opinion, the most important) still another takes the "old-age stiffness and perpetual ache" out of your spine, and gives you the cat-like grace and freedom to enjoy the life of a young girl.

And—at exactly the same time—

Vital Health Centers Of Your Body That Have Slept For Years —Are Now Gently Massaged Into Blazing New Vitality . . .

Now these "Effortless Exercises" begin to work their magic—for probably the first time in your entire life—on the internal glands and organs that either keep you young 'til ninety (if you keep them healthy and strong) or (if you allow them to wither up from disuse) turn you into an old woman at thirty.

For example:

Here is an incredibly gentle posture that virtually doubles the amount of circulation that reaches the vital nerve centers in the back of your head and neck—and thus puts you to sleep faster and deeper than you have known in years. (You'll be amazed at the energy with which you bounce out of bed the next morning.)

Here is a one-minute technique that turns ordinary air into the most potent revitalizer in the world. (Try it for exactly 60 seconds when you're exhausted from housework; see how it enables you to out-dance your teen-age daughter till dawn.)

Here's how to flush internal poisons right out of your body. Clear your complexion. Purify your blood. Get overnight relief from those vague aches and pains that drain youth like a dripping faucet.

Here is a special posture for the woman who is beginning to lose her animal attractiveness. Whose husband is losing interest in her. And who wants him to gasp in delight just a few short nights from the time she first opens this book.

Read It From Cover To Cover Entirely At Our Risk.

One final word of warning: If you expect a huge, weighty, philosophical tome here, you are completely mistaken. This book has been carefully cut down to the bare practical essentials. There is not a word in it that does not give you a physical benefit immediately. Therefore, even in the special deluxe version we send you, it is only 128 pages. You can finish it in a single weekend. The new youth and beauty and physical attractiveness it gives you will last a lifetime.

The cost is not the usual price of \$5.98 but only \$4.98 complete! It is a book for women who mean business about restoring and preserving the most priceless possession they will ever have—their youth. If you mean business, why not send in the No-Risk Coupon today.

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