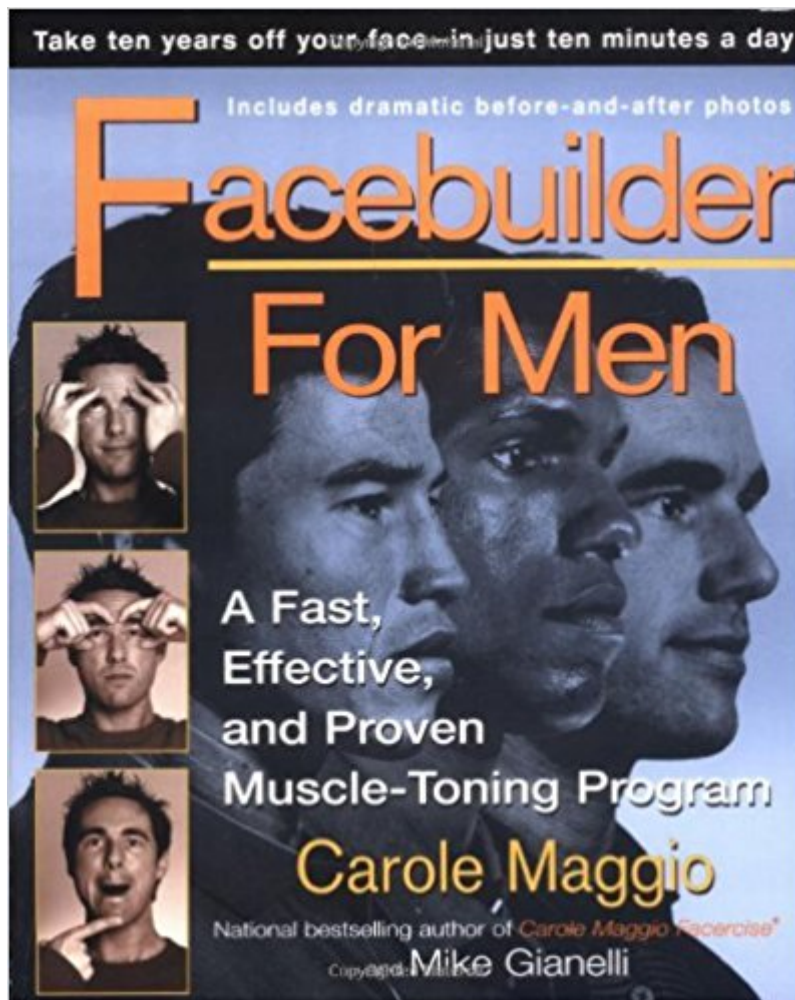




The book was found

Facebuilder For Men



Synopsis

Just as strength training exercises build and define body muscles, Facebuilder defines, builds, and tones facial muscles. Carole Maggio's program offers quick and remarkable results-visible in less than a week. * Minimize crow's feet * Sculpt the jaw line * Lose a double chin * Tone upper and lower eyelids * Improve skin texture * Firm sagging jowls * Fill out a thin face * Reshape the nose

Book Information

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Best Sellers Rank: #152,559 in Books (See Top 100 in Books) #5 inÂ Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care #23 inÂ Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Men's Grooming & Style #2522 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

This book works!! I am so happy when I look in the mirror to see what this has done for me. It has toned and tightened my face. I'm young, but didn't have that muscle toned face I wanted. So it's great, the whole book. However, only 5% of the book is useful; the exercises. The remaining 95% is just full of annoying repetitive (really, she repeats the same thing in different form in every chapter) And it really does go on, and on, and on, and on. She keeps mentioning why its great you bought the book and how every thing bad will change once you do the exercises. The health and diet section is really stock information. I guess she had to pad it out with content to make it thicker than a magazine. All in all, buy it. It works, and even though she has her annoying parts (like talking to you like a boyscout: "Now boys, listen to me,...." and tends to babble on, the exercises are amazing!! If you thought you couldn't get a sculpted face, think again!!

My wife bought this book for me about six weeks ago. She does face exercises and I know they work, but I never thought about doing them myself. However, after her proding me for a week or

two, I started, under protest, to keep peace in the family. All I can say now is WOW. If I didn't see it myself, I wouldn't have believed it. I had my wife take a picture of me before I started to see if I could notice the changes and now, six weeks later, I'm really amazed at the difference. Much stronger jawline, more sculpted cheekbones - just a great change for me. The book is easy reading, well written, and entertaining. But the real benefit here is the exercise regimen laid down by the authors. I couldn't be more pleased - and surprised, at the results. This book is a keeper.

This book describes 10 relatively simple ways in which you can train your face muscles in order to look younger and make your face more attractive. The exercises should be done twice a day and last about 25 minutes. Most of the book, however, is about how important it is for you to look young and attractive. I wish the author had spent more time explaining the techniques. True, there are photographs (of a man who doesn't have to care about wrinkles and sagging face muscles), but the explanations that accompany the photographs are insufficient. You will need to try the exercises and practice them for a while before you really understand how to do them. The techniques are simple but still you will have to figure out how to apply them. I also warn readers that most of the exercises involve visualisations and gestures that are supposed to stir the subtle energies of the body (what the Chinese call "Chi", the mysterious fluid acupuncturists work on with their needles). So if you are allergic to New Age stuff or your ability to concentrate and imagine things is very poor, you may have trouble using the techniques described in this book. One issue Carole Maggio doesn't talk about is the problem of the lines that may appear as a result of training. Briefly, there is plenty of serious stuff that should have been treated and just isn't.

I work out regularly and am on a fairly strict diet. Like many men who like to have that lean and ripped physique, we get a gaunt and unhealthy looking face do to the lack of body fat. I began the Facebuilder program as an extension to my normal workout routine. It has been two weeks now and I have had many comments on how much healthier I look. I also took pictures of my face before I started Facebuilder For Men. Exactly two weeks later I took more pictures to compare the results, and the difference is astounding! I showed them to a personal trainer / nutritionist and they were absolutely amazed! They were so impressed they are going to recommend it to their clients! This book can help any man to improve his face quickly and easily.

Well Men, I'm sure a few of you out there have found this title by accident. My advice - order it now!!! It's rare that I ever take time out to rate or comment on a book unless it's changed my life. This one

certainly has!!! I'm far from an old man but mother nature was catching up to me. I started searching online for a natural, non-electric, way to stimulate my facial muscles to keep them in shape. Bingo!!! This book has not only shaved a few years off of my age but has all of my friends asking me what's different about me. Took me a few weeks to figure out it was Carole Maggio and Mike Gianelli that have made the difference.2/26/2013 Update. When I mastered all of the exercises in this book I sent Carole an email to address some concerns on areas I wanted to improve on. I asked her if there was a way to get rid of frown lines on the forehead. Her response to me was No. I wasn't satisfied so I began an exhaustive search on the web to find a program that would give me a complete program to exercise all areas of my face. I found it. I have no more frown lines in more forehead and I get audition callbacks for 30 something parts and I'm much older. That program is called Flex Effect. So, where this program is equivalent to running a mile, Flex Effect is equivalent to a triathlon. It's the creme de la creme of programs. I tell all of my friends to start here first. The exercises are easy and they will prepare for a gradual transition to Flex Effect.

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