

**Looking (after) Yourself After 50: Our Quest for Rejuvenation
From Discovering What's Next: Revitalizing Retirement
Saturday, October 23, 2004, Newton Wellesley Hospital**

Resource Information

Books and Publications	(reviews from Amazon.com)
Cosmetic and Plastic Surgery	
Gail, Susan, <u>Cosmetic Surgery: Before, Between and After</u> , Melange Unlimited Publishers, 2000	An honest, empowering, informative book that excels in educating people about deciding on, having and recovering from cosmetic surgery. (amazon.com review)
Henry, Kimberly, MD, and Penny Heckman, <u>The Plastic Surgery Sourcebook</u> , Lowell House Publishers, 1999	From finding a qualified plastic surgeon to determining costs and considering the results of surgical and nonsurgical procedures, this surveys the pros and cons of various reconstructive and altering procedures.
Loftus, Jean, MD, <u>The Smart Woman's Guide to Plastic Surgery</u> , Contemporary Books, 2000	Whether it is for augmentation, liposuction, or a lift, women often go into plastic surgery without being aware of all the aspects. This book, written by a female plastic surgeon, gives an objective, knowledgeable overview of the procedures and includes topics such as decision making, smart questions to ask, expectations, possible complications, and recovery.
Image	
Kinsel, Brenda, and Phillips, Jenny M., <u>"40 Over 40: 40 Things Every Woman Over 40 Needs To Know About Getting Dressed"</u>	This stylish guide talks directly to women over 40, aiming to help them appear every bit as successful and accomplished on the outside as they feel on the inside.
"More Magazine"	A fashion magazine for women over 40.
Self-Care	
Brilliant, Ashleigh, <u>I May Not Be Totally Perfect, But Parts of Me Are Excellent</u> , Santa Barbara, Ca.: Woodbridge Press Publishing Co., 1988.	Ashleigh's Pot Shots are acclaimed, told and re-told, by young and old, secular and religious, mainstream and offbeat they speak to everyone.
Burns, David, <u>Ten Days To Self-Esteem</u> , New York: Wm. Morrow and Company, 1993.	Feeling good feels wonderful. You owe it to yourself to feel good!
Kabat-Zinn, Jon, <u>Wherever You Go, There You Are</u> , New York: Hyperion, 1994.	By "capturing" the present and living fully within each moment as it happens, one can reduce anxiety, achieve inner peace, and enrich the quality of life.
Lasater, Judith, <u>Relax & Renew: Restful Yoga For Stressful Times</u> , Berkeley, CA: Rodmell Press, 1995	These stress-relieving exercises include postures and breathing techniques, programs for back pain, headaches, insomnia, and jet lag, and special exercises for women during menstruation, pregnancy, and menopause.
Web sites	
www.aad.org	American Academy of Dermatology
www.plasticsurgery.org	American Society of Plastic Surgeons
www.dr-loverme.com	Accurate Aesthetics Plastic Surgery
www.totalimageconsultants.com	Total Image Consultants
www.nwdermatology.net	Newton Wellesley Dermatology Associates
www.mbmi.org	Mind/Body Medical Institute

**Looking (after) Yourself After 50: Our Quest for Rejuvenation
From Discovering What's Next: Revitalizing Retirement
Saturday, October 23, 2004, Newton Wellesley Hospital**

Resource Information