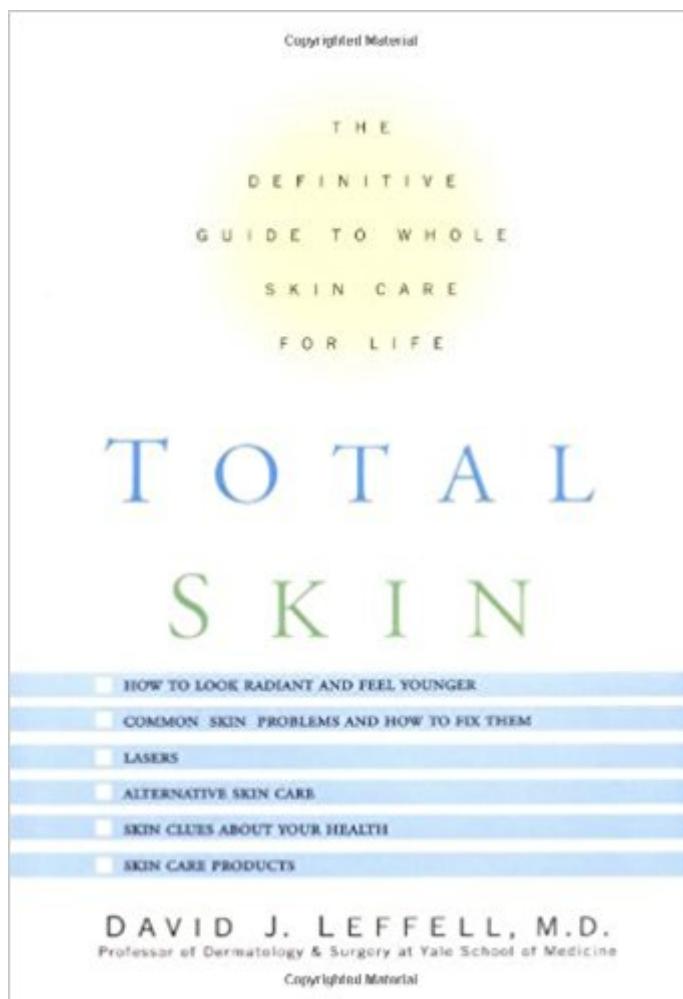


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# Total Skin: The Definitive Guide To Whole Skin Care For Life



## **Synopsis**

What Our Bodies, Ourselves did for womens health, this complete reference guide by a highly respected dermatologist will do for skin. Written for adults of all ages and races, Total Skin offers information on the latest medical research, answers to commonly asked questions, and to questions you never thought you would need to ask. In addition, Dr. Leffell offers innovative action steps for targeted care, and includes interesting and informative sidebars. Total Skin promises to be the only general reference book by one of the countrys most highly respected dermatologists to go beyond beauty tips and miracle fixes. Accessible, informative, and written in the informal but authoritative tone of a trusted expert, Total Skin will stand beside other family medical reference books to provide accurate and up-to-date information on the most important, and least understood, part of the body.

## **Book Information**

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## **Customer Reviews**

The skin of a human adult weighs about nine pounds, which is a small proportion of total body weight. Yet the skin is a vital organ and a fascinating subject for a book. Yale professor Leffell has long experience in clinical practice and research, and he presents much information in a most understandable way. How does the skin grow and perform its varied tasks? What roles does the skin play in health, disease, and appearance? What really protects the skin from the effects of sun, aging, and other potential enemies? Leffell answers such questions practically, complete with counsel on when to see a physician and when to handle a skin condition on one's own. The sections on lasers and on Mohs micrographic skin cancer surgery, one of Leffell's specialties, are especially good, as is his skeptical habit of calling the "cosmaceuticals" that drug companies

manufacture and market "advertising gimmicks." Furthermore, hair and nails fall within Leffell's parameters for discussing the skin. William BeattyCopyright © American Library Association. All rights reserved

One of the country's leading dermatologists and an internationally recognized expert in skin cancer and aging, David J. Leffell, M.D. gives us the most comprehensive and reliable book to date on our most familiar but perhaps least understood organ: our skin. In his new book, *Total Skin*, Dr. Leffell offers essential information on skin health and skin care, including advice on looking youthful and radiant, dealing with common skin problems, protecting and preserving your skin, and being smart about skin cancer and melanoma. Dr. Leffell also tells readers what to expect from the latest advances in cosmetic surgery and other methods of making skin look younger.

I expected a book on skin written by an eminent dermatologist to be chock-full of helpful information, but I was astounded (yes, astounded) to find myself reading "Total Skin" like a novel. By balancing instruction with entertainment, Dr. Leffell produced a book that kept me reading long after I had planned to stop. He also answered some very important questions I didn't know enough to ask. From make-up to laser surgery to skin cancer - it's all covered (in a very readable form and often using graphics). I highly recommend that you find a place on your shelf for this one -- I guarantee you'll keep referring to it.

I am an Esthetics student and found this book very informative. The only reason I didn't give 5 stars is because it is a little out of date on the latest treatments. Still worth getting though.

Great and informative book. I particularly liked the discussion of various types of skin cancer, and the pictures of the different types.

I learned an incredible amount from this book and enjoyed every word. Leffell somehow manages to educate while liberally applying humor and wit. Thanks to him, I now know how to improve the appearance of my skin while ensuring its health. Along with the comprehensive coverage of topics, the book includes contact information for patient support and skin disease organizations. I'll be recommending this book to all my family and friends.

This book offers a user friendly introduction to skin and coverage of various cosmetic treatments,

but did not offer the kind of depth that I had hoped for. For people with a science background I would stick to textbooks + online searches. For others this book would probably suffice.

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