



**Unblemished: Stop Breakouts! Fight Acne!  
Transform Your Life! Reclaim Your Self-Esteem  
with the Proven 3-Step Program Using Over-the-  
Counter Medications**

*Katie M.D. Rodan, Kathy M.D. Fields*

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**Acne affects at least 50 million Americans, 80 percent of all people between the ages of 18 and 30, and millions more who are both younger and older. Yet most of us self-medicate -- rushing off to the drugstore to purchase just about anything that promises to help, only to discover nothing really works. Inevitably, we all begin to wonder if the continuing myths and misinformation about acne perpetuated by the media are actually true: Did I wash my face the wrong way? Did I eat too much chocolate? Will that expensive new cream I can't afford really work? Will my face ever look better?**

Drs. Katie Rodan and Kathy Fields's Proactiv treatment -- the #1 selling acne-care product in America -- has already brought relief to millions. In Unblemished, they debunk the misconceptions about acne and present a revolutionary guide to zapping zits forever.

After years of studying acne treatment and listening to their patients' concerns, Rodan and Fields formulated The Rodan and Fields Approach, which works in three simple steps. Rather than spot-treating blemishes and pimples reactively, their system -- individualized for every skin type, age, and ethnicity -- treats the entire face using a remarkably simple regimen that really works.

Including illustrations, sidebars, and detailed case studies from the doctors' own files, *Unblemished* is a blueprint to renew self- confidence and glowing, healthy skin.



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**From reader reviews:**

**John Sanchez:**

Why don't make it to be your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite guide and reading a publication. Beside you can solve your long lasting problem; you can add your knowledge by the guide entitled Unblemished: Stop Breakouts! Fight Acne! Transform Your Life! Reclaim Your Self-Esteem with the Proven 3-Step Program Using Over-the-Counter Medications. Try to make book Unblemished: Stop Breakouts! Fight Acne! Transform Your Life! Reclaim Your Self-Esteem with the Proven 3-Step Program Using Over-the-Counter Medications as your friend. It means that it can to get your friend when you truly feel alone and beside that course make you smarter than in the past. Yeah, it is very fortuned for you personally. The book makes you much more confidence because you can know anything by the book. So , let us make new experience and also knowledge with this book.

**James Dungan:**

This book untitled Unblemished: Stop Breakouts! Fight Acne! Transform Your Life! Reclaim Your Self-Esteem with the Proven 3-Step Program Using Over-the-Counter Medications to be one of several books in which best seller in this year, that's because when you read this e-book you can get a lot of benefit on it. You will easily to buy that book in the book retail outlet or you can order it by using online. The publisher with this book sells the e-book too. It makes you easier to read this book, since you can read this book in your Touch screen phone. So there is no reason to you to past this guide from your list.

**John Wannamaker:**

A lot of people always spent all their free time to vacation or even go to the outside with them household or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you need to try to find a new activity here is look different you can read any book. It is really fun to suit your needs. If you enjoy the book you read you can spent 24 hours a day to reading a publication. The book Unblemished: Stop Breakouts! Fight Acne! Transform Your Life! Reclaim Your Self-Esteem with the Proven 3-Step Program Using Over-the-Counter Medications it is quite good to read. There are a lot of individuals who recommended this book. These people were enjoying reading this book. When you did not have enough space bringing this book you can buy typically the e-book. You can more easily to read this book through your smart phone. The price is not very costly but this book offers high quality.

**Todd Pfeifer:**

What is your hobby? Have you heard which question when you got college students? We believe that that question was given by teacher to the students. Many kinds of hobby, Everyone has different hobby. And also you know that little person just like reading or as reading through become their hobby. You should know that

reading is very important as well as book as to be the matter. Book is important thing to include you knowledge, except your teacher or lecturer. You see good news or update concerning something by book. Different categories of books that can you choose to use be your object. One of them are these claims Unblemished: Stop Breakouts! Fight Acne! Transform Your Life! Reclaim Your Self-Esteem with the Proven 3-Step Program Using Over-the-Counter Medications.

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