

PROBLEM: IMAGE ISSUES

SOLUTION *Cosmetic Surgery: The Facts* by Norman Waterhouse (£11.99; Oxford University Press). Been thinking about having a bit of work done? With cosmetic surgery, it's always best to know what's what and who's who before going ahead with any invasive treatment. Good then that consultant plastic and aesthetic surgeon Norman Waterhouse has released a must-read guide to the workings of the industry.

KEY QUOTE 'For anyone considering a cosmetic procedure, the process of choosing a surgeon can be convoluted and confusing. It is now more usual to access information on providers from the internet or the advertisement sections of lifestyle magazines.'

CREDIBILITY With a practice on 55 Harley Street, Norman is a respected expert in his field.

