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VORRALL COMMUNITY NEWSPAPERS

THURSDAY, FEBRUARY 23, 2006 - SECTION B

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'Beauty in Balance' examines the new rush to have plastic surgery

Watchung Booksellers, 54 Fairfield St., Montclair 07042, will host a book signing today from 7 to 8 p.m. for the new publication, "Beauty in Balance," by prominent local surgeons Drs. Allen Rosen and Valerie Ablaza of Montclair's Plastic Surgery Group to discuss the latest developments in cosmetic surgery.

Rosen, a spokesperson of the American Society of Plastic Surgeons and medical director of The Plastic Surgery Group, has consistently been named one of America's top doctors by Castle Connolly Medical Research.

This month, he was also recognized by the Montclair-Nutley-Glen Ridge Chapter of the American Red Cross for his humanitarian efforts on behalf of such organizations as Healing The Children. His partner, Ablaza, is renowned as one of the rare females in her field, much sought after for her unique sensitivity and perspective.

Their new book, "Beauty in Balance: A Common Sense Approach to Cosmetic Surgery and Treatments," has just been by released MDPub-

lish.com and is available in bookstores everywhere, plus on www.amazon.com; www.barnesandnoble.com and at the doctor/authors' Web site: www.psg1.com.

Praised as "...the truth about plastic surgery from two of America's Top Doctors," by Oprah favorite Dr.

Mehmet Oz, the book is a forthright, knowledgeable approach to bettering one's appearance without radical and unsafe extremism. It's the "Anti-Extreme Makeover."

These nationally respected physicians decided to write "Beauty in Balance" as they observed the effect of

such shows as "Extreme Makeover" and "Nip/Tuck" on patients. In their own practice and in the industry gen-

erally, the doctors observed more and more people deciding to undergo plastic surgery and they, felt it, their

obligation as professional physicians to inform consumers of the risks and benefits to makeovers.