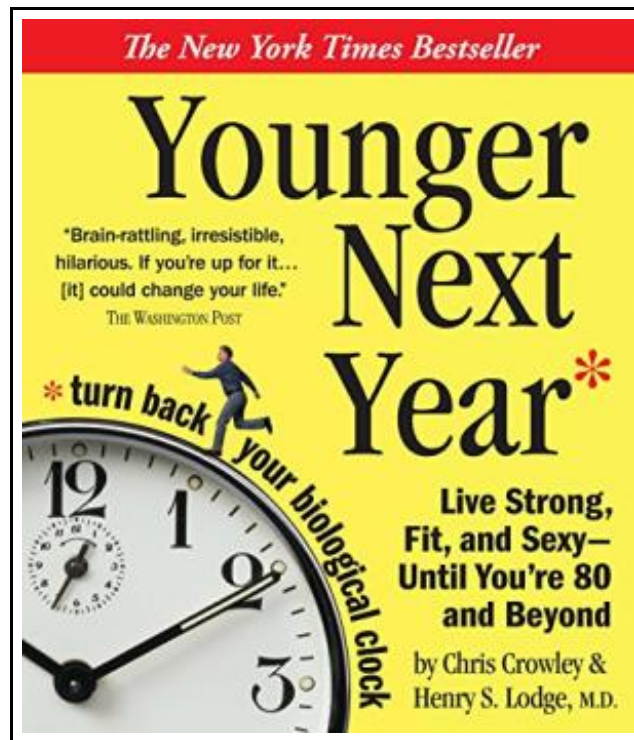


Younger Next Year: Live Strong, Fit, and Sexy - Until You re 80 and Beyond



Filesize: 5.52 MB

Reviews

Basically no words to describe. It is filled with knowledge and wisdom I am just pleased to let you know that this is actually the greatest publication i have read within my individual lifestyle and may be he best publication for at any time.




(Prof. Ron Gaylord II)

YOUNGER NEXT YEAR: LIVE STRONG, FIT, AND SEXY - UNTIL YOU RE 80 AND BEYOND



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HIGHBRIDGE AUDIO, United States, 2012. CD-Audio. Book Condition: New. abridged edition. 137 x 124 mm. Language: English . Brand New. Turn back your biological clock. A breakthrough book for men--as much fun to read as it is persuasive--Younger Next Year draws on the very latest science of aging to show how men 50 or older can become functionally younger every year for the next five to ten years, and continue to live like fifty-year-olds until well into their eighties. To enjoy life and be stronger, healthier, and more alert. To stave off 70 of the normal decay associated with aging (weakness, sore joints, apathy), and to eliminate over 50 of all illness and potential injuries. This is the real thing, a program that will work for anyone who decides to apply himself to Harry s Rules. Harry is Henry S. Lodge, M.D., a specialist in internal medicine and preventive healthcare. Chris Crowley is Harry s 70-year-old patient who s stronger today (and skiing better) than when he was 40. Together, in alternating chapters that are lively, sometimes outspoken, and always utterly convincing, they spell out Harry s Rules and the science behind them. The rules are deceptively simple: Exercise Six Days a Week. Eat What You Know You Should. Connect to Other People and Commit to Feeling Passionate About Something. The science, simplified and demystified, ranges from the molecular biology of growth and decay to how our bodies and minds evolved (and why they fare so poorly in our sedentary, all-feast no-famine culture). The result is nothing less than a paradigm shift in our view of aging. Welcome to the next third of your life--train for it, and you ll have a ball.

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