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Younger Next Year for Women: Live Strong, Fit, and Sexy---until You're 80 and Beyond

By Christopher Crowley, Henry S. Lodge

Workman Publishing. Paperback. Book Condition: new. BRAND NEW, Younger Next Year for Women: Live Strong, Fit, and Sexy---until You're 80 and Beyond, Christopher Crowley, Henry S. Lodge, This is the book that can show us how to turn back our biological clocks - how to put off 70 per cent of the normal problems of aging (weakness, sore joints, bad balance) and eliminate 50 per cent of serious illness and injury. The key to the program is found in Harry's Rules: exercise six days a week; don't eat crap; and, connect and commit to others. There are seven rules all together, based on the latest findings in cell physiology, evolutionary biology, anthropology, and experimental psychology. Dr. Lodge explains how and why they work - and Chris Crowley, who is living proof of their effectiveness (skiing better today, for example, than he did twenty years ago), gives the just-as-essential motivation.



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