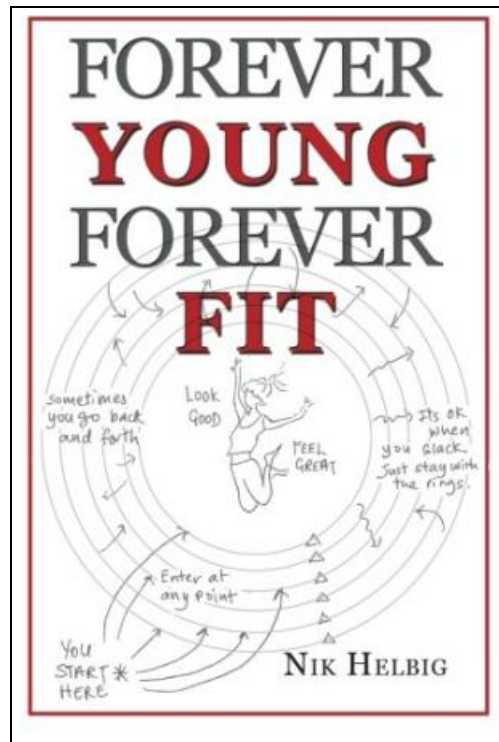


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Createspace Independent Publishing Platform, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Reading this book, you will realize that it is possible. Forever Young, Forever Fit presents a special road map for a thorough lifestyle makeover. We start out as young children with almost the same physique as our peers. Along the way, things change. Some people will look better in their nineties than others would in their fifties. Who would you rather be? Aging does not happen overnight. How we age is the result of lifestyle choices we make when we are young. Staying young and fit is a multifaceted process. There is no single solution to anti-aging, but 10 immutable laws to follow: The Power of Belief Time Is Not On Your Side Move Your Body A Stronger Version of Yourself Food, Glorious Food Build, Don t Burn What You See Is What You Get What You Say Is What You Get A Timeless Mind-set Beat Your Own Drum There are many good books written on the subject of anti-aging, health and fitness. Most of them, however, are focused on one or two points of change. The author believes that there is much more to anti-aging than just diet and exercise. It is not enough to say eat this or do that. We have to be aware of why and what we eat; and why and how we exercise. In order to live long and well, we must consider what we say, do, think and even how we shop. The chapters highlight many important factors to work on. Readers are taken on a ride towards greater awareness, and be armed with motivation to make invaluable lifestyle changes. This book also highlights social pressures that cause us to age, and ways in which...

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