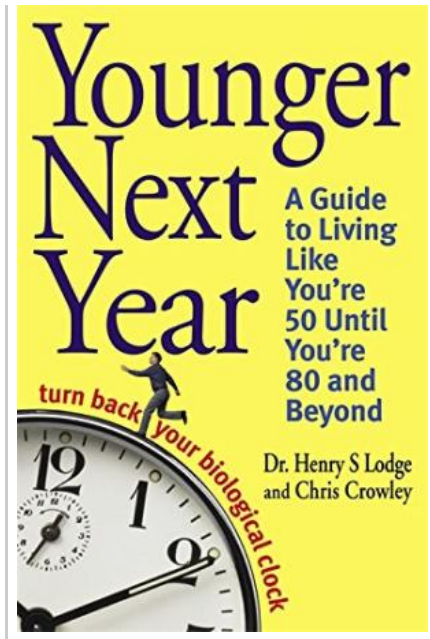


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Younger Next Year: Turn Back Your Biological Clock

By Christopher Crowley, Henry S. Lodge

Little, Brown & Company. Paperback. Book Condition: new. BRAND NEW, Younger Next Year: Turn Back Your Biological Clock, Christopher Crowley, Henry S. Lodge, Younger Next Year is for men who want to turn back their biological clocks. It explains how men can become functionally younger every year for years to come, and continue to live with vitality and grace into their eighties and beyond. Harry's Seven Rules - Harry being Henry S. Lodge, M.D. - can help to reverse the typical path of ageing. Exercise six days a week for the rest of your life. Quit eating crap. Connect and commit. And to prove it works is his star patient, the no-punches-pulled Chris Crowley, a seventy-year-old who left the slippery slope of retirement and turned his life around. Harry tells you what to do. Chris shows you how. And their argument is irresistible. Marrying science and reality, Younger Next Year is a convincing and passionate argument that if you train for the Next Third of your life, you'll have a ball. Follow its simple rules and you'll find yourself in the best shape - in mind, body and spirit - of your life.



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