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Younger You: Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger

By Eric Braverman

McGraw-Hill. Paperback. Book Condition: New. Paperback. 324 pages. Dimensions: 8.6in. x 5.6in. x 1.0in. Break the aging code and feel 15 years younger from the inside out. Focusing on the critical role of hormones produced by the brain, Dr. Braverman outlines a totally integrative program to restore hormonal balance and thereby restore readers to a younger, healthier, and more vital self, regardless of chronological age. --Nicholas Perricone, M. D. , FACN, Bestselling author of 7 Secrets to Beauty, Health, and Longevity, The Perricone Weight-Loss Diet, The Perricone Promise, The Perricone Prescription, and The Wrinkle Cure Younger You is an interesting and logical approach to preventing, diagnosing, and modifying the aging process. --Isadore Rosenfeld, M. D. , Rossi Distinguished Professor of Clinical Medicine, New York Hospital Weil Cornell Medical Center, and author of Live Now, Age Later, Power to the Patient, and Doctor, What Should I Eat Just as Dr. Braverman says, we are only as young as our oldest part. This book is not just for us, but for our children, who can make changes to their diet and lifestyle now and reap the rewards later. --David Perlmutter, M. D. , FACN, Director, Perlmutter Health Center and author of The Better Brain...


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