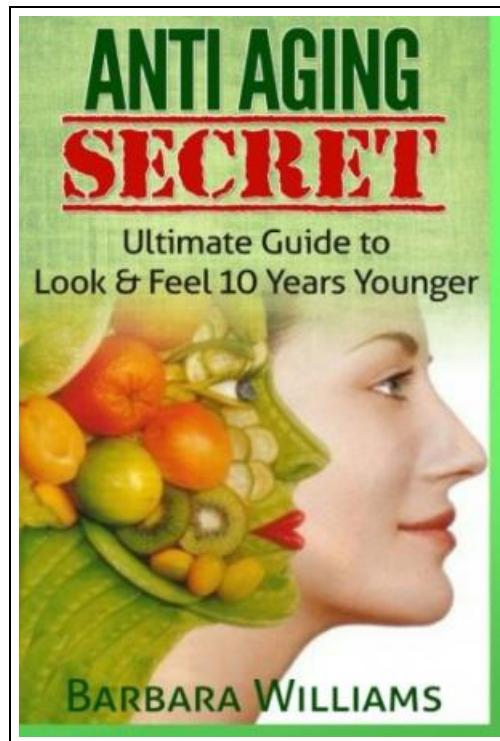


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The information provided in this book is about aging challenges and how to overcome them. It's about helping you make the right choices that will give you an opportunity to reflect on your health, lifestyle and ultimately the process of aging. Gone are the days when reversing the aging process was an elusive dream. The aptitude to look younger than your age is not only a reality but achievable by anyone who is willing to make the right healthy choices. The beauty of it is that you don't have to spend a lot of money to look younger. This book reveals anti-aging secrets you've been seeking. A wide range of factors can make anti-aging revolution a reality for those who are ready to take time, understand and assume the responsibility for their own well-being. Each chapter in this book will provide specific information on what adjustments you need to make in your life, not only live longer but to look younger as well. From breaking your bad habits you already have and replacing it with the food and supplements you need to take, you are going to understand that aging is a phenomenon beyond human control. We are going to uncover solutions on how to counter its effects. Unlike what most of us think, looking younger and living longer boils down to making very simple changes in your life. After reading this book, you will be surprised to know how thin the line between a youthful look and old age really is.

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