

# Timeless

NATURE'S FORMULA  
FOR HEALTH AND LONGEVITY



LOUIS COZOLINO

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## Timeless: Nature's Formula for Health and Longevity



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Unlocking the secrets of positive ageing. Filled with both practical and thought-provoking suggestions, this book can be a must-read for anybody who would like to age however you like.)?all these things can be attained as we grow older. But there's an entirely different truth. Yes, you can teach a vintage dog?or even a sort-of-old dog?new tips.As readers of the publication will learn, wisdom, improved social relationships, greater adaptation and flexibility (mental, if not physical! It turns out there are many, and they all start out with nurturing our existing relationships to foster brain health, keeping us happier and healthier.Will there be a key to staying young? Until recently, we have assumed that the story of aging is one of reduction and decline.Few prejudices in Western society are stronger than those concerning aging.



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