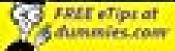
Stay fit and vigorous and feel great no matter your age!

Healthy Aging

DUMMIES



A Reference for the Rest of Us!



Brent AginHealthy Aging For Dummies



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Look to this publication for advice, techniques, and ways of helppeople stay vigorous and healthy as they grow older. Folks are becoming increasingly proficient in managingtheir health as they age. Healthy Aging For Dummies explainshow people can embark on a healthy life-style that will enable themto feel youthful, both mentally and actually, even as they' dealing with or preventingheart disease, malignancy, and dementia; and building memory space and learningskills. understanding how to meditate; starting an exercise program; taking the proper vitamins and herbs; regetting old. replacing negative thinkingwith positive thinking; It covers advice on selecting the idealphysician;



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Lame - didn't tell me personally anything I didn't know... They might aswell put "diet, workout, healthy living" on every page and eliminated all of those other text. A waste of money Much too simplistic for those who have reached an age that requires better information. I appreciated the comedic nature of this content and am a big lover of the complete series.. A waste of money. For the price of this book, it really is really worth it! baby boomer and working with Seniors it is a comfortable reserve to have Being a baby boomer and working with Seniors it is a comfy book to have. good price, good condition fast shipping, good price, good condition, thanks Liked it! I've given the book as gifts and found the response from my friends very positive. It's easy to understand, and filled with helpful information. I came across this book a good addition to my library. for people who reach an age that will require better information.



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