

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

# Healthy Aging

FOR

# DUMMIES<sup>®</sup>



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**A Reference for the Rest of Us!**



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*Brent Agin*

## **Healthy Aging For Dummies**



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



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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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