

By the New York Times Bestselling Authors

"One long, exuberant New Year's resolution."

The New York Times

Younger Next Year*

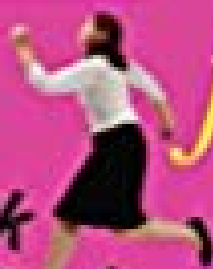
**"Brain-rattling,
irresistible, hilarious.
If you're up for it...
[this book] could
change your life."**

The Washington Post

Includes Preview Excerpt of
*Younger Next Year:
The Exercise Program*

for Women

*turn back



your biological clock

**Live Strong,
Fit, and Sexy—
Until You're 80
and Beyond**

by Chris Crowley &
Henry S. Lodge, M.D.

Foreword by
Gail Sheehy

Chris Crowley

Younger Next Year for Women: Live Strong, Fit, and Sexy - Until You're 80 and Beyond



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Co-written by one of the country's most prominent internists, Dr. Dr. New material covers menopause and post-menopause, and also cardiac disease, osteoporosis, sexuality, and even more. Lodge, and his star patient, the 73-year-outdated Chris Crowley, Younger Following Year for Females is a publication of hope, a guide to aging without fear or anxiety. That is a book of hope, a guide to aging without dread or stress. There are seven rules altogether, based on the most recent findings in cell physiology, evolutionary biology, anthropology, and experimental psychology. Harry " Connect and commit to others. how to put off 70% of the normal complications of aging (weakness, sore joints, bad stability) and eliminate 50% of serious disease and injury. Men and women can become functionally younger every year for another five to ten years, then continue steadily to live with newfound vitality and pleasure deep into our 80s and beyond. Don't eat crap. This is the book that can show us how to turn back our biological clocks Using the same influenced structure of alternating voices, Chris and Harry possess recast material specifically for women, who currently live longer and consider better care of themselves than men. Henry " Lodge explains how and just why they work and Chris Crowley, who is living proof their effectiveness (skiing better today, for instance, than he did twenty years ago), provides just-as-essential motivation. The key to the system is found in Harry's Rules: Exercise six days a week.



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Fitness is freedom If you are getting along in years and believe it's ordained that you will decline, lose vitality, and be frail - READ THIS BOOK! Right down to Earth and honest humor about maturing tendencies and how exactly to upgrade your considering. I did, at my cardiologist's suggestion. Changed my entire life - and my wife's. Everything is simpler. Wonderful book! Feel much better than we have in a very long time. We're early 60s and getting strong and fit. Energy is improved. Mental function is way better. Highly motivating! Fitness is freedom. I eat healthy and feel great and I believed I was "good-to-move". Fitness is usually fun. We expect to be strong and energetic at least into our 80s. Some of the people in the publication are way to avoid it of my league plus they have plenty of time for all of these classes, etc. It really is practical. This book changed my entire life. I am not old, but I am 67 with two hip replacements and a weird left knee issue. It's old news that exercise and healthful eating lead to a healthy existence. He got softer when he was speaking right to women. great book very informative This book redefined healthy living Insightful read on your body and mind Excellent. Turns out that is clearly a symptom, not really a cause. And it's written with humor and in a way that also the most non wellness state person could understand. The chapters rotate between doctor and individual perspective. Younger Next Year is usually my fitness Bible. Eye opening and life changing! Great roadmap for a healthy life I was the individual that continually gained and lost the same 10 to 15 pounds over my entire adult lifestyle. That's until at age 50, I started lifting large weights. Within weeks, I was actually shrinking.. I would recommend this book frequently. I loved the original publication better though. Fitness is dignity. Fantastic book Very informative and funny simultaneously I misplaced 40 pounds, too! From exercise, nourishment to the necessity to be liked and loving. Extremely interesting and very entertaining writing. I recommend you examine and follow the suggestions in this publication. Not a big deal as the book is inexpensive. And when you head to do these exercises How may i begin to really DO the tips in Chris and Henry's inspiring publication, Younger Next Calendar year? Being new to the world of exercise and fitness myself, and seeking a program that would integrate the latest understandings of fitness this book if PERFECT. And when you go to do these exercises.. I loved the author Chris' style of communication. It makes so much feeling. But if you want a little motivation to take action, then by all means, read this book.. A Lot of Leftovers Here I'm a huge fan of Younger Next Yr. GREAT Reserve! I loved the original book better though GREAT BOOK! Since then I've performed no cardio other than summertime cycling. Needless to say, I had never been athletic either. But honestly I prefer his humor and straight talk wireless. doing nothing but lifting weights. Didn't have to read everything - so I stopped Chris Crowley is similar to the long winded personal absorbed old braggart you get stuck hearing at a party until you can somehow escape. Long tale short--I'm able to operate a half marathon right now and before I browse the publication I had never also operate around the block. Fitness is critical as we age group. And bottom line message - You and You only are RESPONSIBLE for having wellness or non-health predicated on the options you make in everyday lifestyle.No Doctor, drug, medical procedures/procedure can help you save from your choices. Why not choose health and health for an extended life. Its about what you place in your mouth, how often you move your body, building health relationships and being connected to something more real that types' ego. We're exercising, trekking, carrying out regular stretching - and loving it! Simply do it! Much easier than trying to hold the complete book open and carry it around with me. I've been doing the basic program for six years and it offers really transformed me for the better. Be warned that book is mainly repackaged leftovers. If you have browse the original, most of the first component will be review. The main message of the workout program is good, however the "sacred 25" are apparently protected in Thinner Next 12 months (that i have not read). I also believe the exercises appear to be a little bit overwhelming. I question you could do the "warm ups" in less than 30 minutes, and the whole point of YNY is 45 minutes to 60 moments of exercise six times weekly. strong. If you happen to work each day and/or can't afford all of the special classes and therapies they chat about, don't feel guilty - just feel inspired to maintain doing you skill and enjoy. It almost seems

just like the purpose of the book is to lead to the buy of the workout DVD. and wanting an application that would integrate the latest understandings of fitness this book is PERFECT. So, overall, good effort.. Thank goodness all I had a need to do is quit reading the book. Harry is featured a little here, but it seems largely repackaged. But. Keep it out and you may gain inspiration to leap up and exercise. Most of us don't get faster or even more lithe as we age, which means this book manages to provide me impetus. I examine it about 5 years back. You just need to exercise! Unless we get hit by a vehicle. Overall, however, I expected more assistance and a far more manageable program. The message in the book is: Exercise hard for the rest of your life for health insurance and longevity. they give the human brain great food for thought and action. Good Book-Not Too Preachy Great book with many great sights... What every female over 40 must hear Encouragement and guidelines on how to live healthy & Also, half of the reserve is definitely a motivational speech, and the spouse is a medical explanation of the body. If you would like to skip the book, just exercise HARD and get your heartrate up, six days a week, for one hour a time, for the rest you will ever have.com. It will motivate you. Packed with Information and Inspiration Love the co-composing of doctor/individual/comrade approach! It's totally changed my way of thinking regarding the importance of cardio.. But, I would really have preferred an updated brand-new edition of YNY that includes TNY and a far more structured chapter on the exercises. Yes, I agree with everything the reserve says. It's an excellent resource for the most recent study on longevity and how to avoid all the modern diseases of inflammation crippling the unhealthy way of life of the western world. Also, even more involvement by Harry. I was a 52 year old over weight couch potato who was simply inactive most of my life! I didn't want the motivation (but instead I found it frustrating and couldn't finish reading it). Great book Among the best lessons We learned out of this book - cardio for longevity, weights for standard of living. More recognition of the advantages of a plant based diet would have been valued, but overall good book.. it's a straightforward concept (workout vigorously, daily, forever) in fact it is repetitive and reaches be a little bit annoying. The publication recommends to combine and match the exercises, and has a few suggested programs. Although written a decade ago, the technology of maturing (and how to beat it) shown in this reserve is still new, new and upheld by more recent research. Give this as a gift to yourself if you would like to be still be going strong into your nineties and beyond. In my own fifties I thought the popular misconception that you will get older and your body falls apart. This is incredibly helpful to us seniors... before you know them all, download the two consolidated cheat bed sheets they provide at the Workman site: Warm ups and 25 sacred exercises are available free at Workman. Life changing! It is do-capable! I am excited to get this done and increase my strength, flexibility and health. After a MUA I am very limited in my flexibility and my knees are so weak. I fall conveniently. I only lost around 10-12#'s but dropped 3 slacks sizes. I decreased them to 66% on the copier therefore i don't have so many web pages... This assists. Until I go through what this book must say about the necessity for BOTH weights AND cardio to keep up health as we grow older.



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