



Chris Crowley

Younger This Year! Page-A-Day Calendar 2019



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Adapted from the brand new York Situations bestselling series, this smart, upbeat calendar is definitely your day-to-day instruction to greeting every day ahead with joy, clarity, and vigor. With tips about eating nutritiously, making deep personal connections, keeping optimism, setting training patterns— An inspiring and motivating present for close friends, spouses, parents, and grandparents. Get YOUNGER THIS SEASON with 365 times of healthy practices to boost vitality, energy, and self-confidence. and the lowdown on why these practices are therefore very important to feeling like your best, fittest, most youthful personal.



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