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# 101 WAYS TO BE YOUNG AT ANY AGE!

Practical Wisdom to Reverse Your Aging.  
STARTING NOW...



Bob and Fran German

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# 101 Ways To Be Young At Any Age!: Practical Wisdom to Reverse Your Aging, STARTING NOW!



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100% of the arises from sales of this book will be donated to prevent the illegal trafficking of children worldwide. About Us During our lifetimes we have raised a family, enjoyed successful careers, traveled to a lot more than 75 countries, became human privileges activists, martial performers, mediators and negotiators, learners and teachers in the Buddhist tradition, public speakers, international volunteers, and still provide as advisors to several nonprofit agencies, businesses, and people globally.. Learn How You Can Change YOUR DAILY LIFE From Growing Old To Staying Young ... AT HEART, Body, and Spirit. This book is filled with a variety of practical ideas and techniques meant to enlighten and inspire you. Bob and Fran German Discover Preventing and Reverse Disease! About the Reserve - IT SUGGESTED TO READ JUST ONE CHAPTER A Time! Live a Happier and More Meaningful Lifestyle. Attain a Healthier Body, Calmer Brain, Lifted Spirit, & Kinder Heart. This book is a compilation of articles we've written over the years to help you add more years to your life and more life to your years. We talk about 101 "nuggets" of wisdom that we've discovered from our a long time of worldwide travel and meeting very wise teachers from all around our planet. AS LATE AS POSSIBLE! INSIGHTS AND SUGGESTIONS TO "DIE Adolescent .We've experienced numerous fascinating adventures, learned from many incredible wisdom teachers and have overcome life's inevitable difficulties including life-threatening ailments. We have been profoundly grateful to have been touched by countless sensible and unforgettable people, near and considerably. Long ago we managed to get our intention to remain young in mind, body, and spirit. Right now, after many happy and purposeful years, we are doing better than ever and feeling youthful than ever before ... both at age 77! We are honored to talk about with others whatever knowledge and wisdom we have garnered. We continually "live young" and lead happy, healthy, and meaningful lives. Look Good. Feel Good. That you can do it, as well! Do Good." Learn to Minimize Tension and Maximize Energy.



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Great Tips for a Healthier and Happier Life This book offers a delightful selection of simple and strategies that can increase your health and your spirits. The concepts in 101 Methods to be Youthful at any Age are sharp and succinct. You can open to any page and find suggestions that are easy to incorporate into your lifestyle. Written within an inviting and friendly design, Bob and Fran's practical wisdom spans a range of topics, including embracing gratitude, creating an hour of power, tossing out poisons, breathing away tension, and the energy of laughing. This will be required reading for every Life Coach! Would make a great Christmas gift for anyone Would make an excellent Christmas gift for anybody. Good read to transfer. Very great information for living your best life A very good reserve. I appreciate the easy to read nature of the text, and look forward to learning more new ideas to living longer, obtaining purpose in existence, and feeling great! You can open to any web page and read a little to lift your day. I especially like how the reserve addresses the physical, spiritual, and psychological aspects of living in bite size items. Well rounded, thoughtful tips for a good lifestyle. I started taking turmeric among other things because of what I read. Nevertheless, the advice in regards to a hyperlink between antiperspirants and breasts cancer (page 44) was debunked by the American Cancer Society a while ago. Oh - one more thing, 100% of the proceeds from the book go to stopping individual trafficking and kid exploitation. This Is A "WILL NEED TO HAVE" Book! It is filled with practical each day tips and ideas to improve your wellbeing and energy, as well as lower tension. I quickly implemented many of their simple, effective techniques and I feel better currently! I am in my mid-fifties and my goal is to stay young. The advice is sensible and there is study to support the benefits of a number of these ideas. Buy several! Help to make great gifts! This book is a must have for anybody to refer to no matter where they are in life." And you also might find something brand-new. One for me and one for a dear friend. I intend to buy several more to hand out to others as something special on how to exist well.D. 101 basic ways to improve your existence. And to best it off the authors give all the proceeds to charity! Look Good. An easy to read and understand book full of helpful information. A great book to have readily available to refer to and thoughtful gift for relatives and buddies..they are living breathing examples of what a healthy lifestyle can accomplish. I loved each web page of their shared wisdom and discovered that the author's positive style of composing still left me feeling empowered and optimistic of simple points that can be done to have a better quality of life. I love it! Clear, concise and readable. It has given very much food for thought as well as many suggestions to put into play right now. I discover myself reading one or two day, and practicing through the entire week. Feel good. A reward: the proceeds of this book visit the German's nonprofit, that is focused on stopping sex-trafficking. I am 70 years and my 22 year old boy wants a copy! Original. Do Good. Proceeds support a nonprofit -- ACT -- Abolish Kid Trafficking. There are A lot more than 101 methods to be young in this reserve because frequently there are several recommendations under one heading. This book is exactly what I needed! A helpful head to guide for good well-being and health. These tips are excellent for any age group- wish I knew and practiced them much younger. You likely have already heard many of these ideas (meditation, for example), but a reminder is certainly always useful. Maybe This time around you'll state, "Hey, I'm gonna try that. I bought two copies. Practical and easy! An excellent little book with extremely readable bits of advice from a few who practices what they preach. Awesome book!.. Readable. I liked the truth that you have options, and lots of them, as you pick and choose which healthy lifestyle choices will continue to work very best for you. I purchased books for all of my children members for Christmas! A terrific way to start the brand new Year! Simple and fast way to get healthy in 2018. It really is for all ages. Brief and sweet. easy to read and implement Entertaining,

easy to read and apply! Also, the advice to cut up credit cards and use only cash (page 106) might not be practical for many readers. S. I know the writers personally plus they definitely practice what they write about. Loaded with great info for living your best life. An excellent gift for friends.



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