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back the clock
today!*



Anti-Aging Habits

**137 Smart and Sassy Ways
to Add Years to Your Life
and Life to Your Years**

Filomena D. Warihay, Ph.D.

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Anti-Aging Habits: 137 smart and sassy ways to add years to your life and life to your years



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This is a first-hand account of how to stay youthful, healthful, vibrant and essential by way of a 77-year-old woman who's youthful, healthy, vibrant and essential. Her secrets are yours in the pages of the Anti-Aging Habits - a robust, practical you-can- do-it, how-to-do-it guide for anyone who would like to do everything possible to make sure both longevity and a healthy body. She has spent days gone by two years conducting research and dealing with geriatric professionals to validate what she has learned and applied. Unlike medical tomes or research-oriented reviews, Anti-Aging Habits can be a good, savvy and sassy guide to happy, healthy, hardy longevity. Anti-Aging Habits: 137 Smart and Sassy Methods to add years to your life and life to your years The author of Anti-Aging Habits shares her personal experience showing that you could form new life-extending and life-enhancing habits in only 21 days. Anti-Aging Habits will lead visitors to a heartier, healthier, happier life.



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Life changing! Dr. Warihay's reserve is life-changing, it is that filled with practical knowledge that anyone can connect with their own lifestyle. She lays the foundation on how to live a long, healthy, vibrant way of living, and she will it without hyperbole. Anti-Aging Habits is similar to attending a longevity middle in print form Anti-Aging Habits is like attending a longevity center in print form. Anti-Maturing Habits - Fun to Read, Great To Practice This book is dynamite! So I possess embraced and incorporated many of its tenants into my very own life-style and am happier and healthier as a result. Keep on keeping on. Positivity Enjoyed her positive source . The author reminded me how anyone could make good choices that may have long term positive effects. Hope Beyond Measure A very positive approach to living your very best life with pleasure ! I recommend this book to anyone who wants to add years to their life and lifestyle to their years, regardless of what age they are! The actions recommended in the reserve are particularly relevant to those of us who are at night 60"s (I'm past 80)! Each chapter ends with an overview called "in a Nutshell" which includes the salient factors to remember." It reminded me that life should be fun (exercise too) and that longevity is influenced by connections in addition to and the love we give and receive. Nevertheless, I found that the writer wrote in a style that was readable and used a lot of her own personal encounters to illustrate the scientific concepts referenced in the publication and that helped make a lot of practical sense to me. The ultimate chapter ends with Fantastic Factoids which includes a series of analysis summaries that the reader can reference and search for more information on issues discussed in the 24 chapters of the easy to read reserve. I consider the publication to be a reference publication that I can convert to when I want to learn even more on confirmed subject whether it's diet, exercise, interpersonal problems or simply plain having fun. " This publication was fun, funny and readable I am a 63 year old woman and I consider myself healthy and toned. Anti-Aging Habits has turned into a habit for me! However, I learned so much about obtaining and keeping a healthy lifestyle through scanning this publication. I also learned an essential life lesson- "it's not the years in your daily life that matter, however the life in your years." This reserve was fun, funny and readable, yet backed with scientific analysis.SENIORS, we aren't finished yet. Smart and Sassy Methods are understatement for the advice offered by the writer who has obviously attended great lengths to analyze methods to convince the reader to lead a healthy life. The premise of the book is you could live a longer, happier, healthier life. Loved the book. The writer claims it isn't hard to increase the years and the joy in your life and she spells it out simply and easily in four segments: Train Your Brain to end up being Razor Sharp for Life, Kick Start Your Heart, Food forever and the Joy Factor. I love this book I love this book! Not just that but it is written in a sassy, wavy style that makes it fun to learn. The longevity suggestions are sound, solid and an easy task to adopt. She actually is living proof that you can stay young, essential and lively into your 70s. I simply turned 50 which means this book was an ideal gift for me personally! Glad the writer shared these habits! You can find valuable lessons in this one. Reading it motivated me to re-commit to an aerobic exercise and fat routine. My favorite segment was the "pleasure factor. The other great thing I found in the reserve was the numerous references to scientific analysis that you could read if you would like more detail. Thanks, Filomena, for shifting me to action.



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