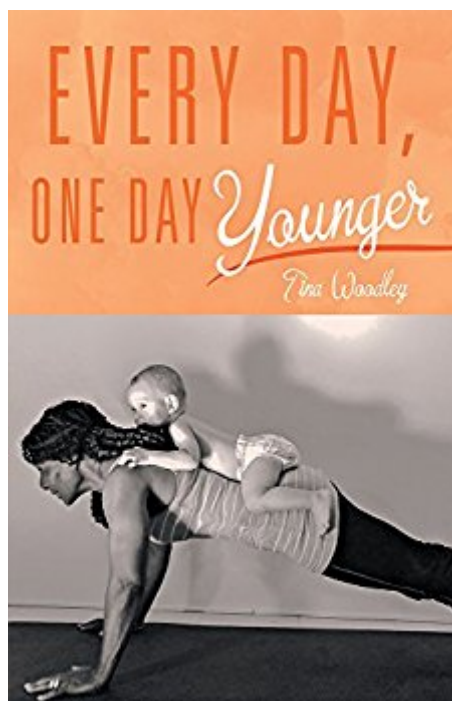


The book was found

Every Day, One Day Younger



Synopsis

"Every Day, One Day Younger is your guide to the fountain of youth. Designed for both the active older woman and those who are just beginning to feel the effects of middle age, Every Day, One Day Younger outlines a safe, healthy, and above all, natural approach that fuses diet, exercise, and psychology in one holistic program. Discover the secrets of turning back the clock physically, mentally, and emotionally; the benefits of a gradual, low-impact approach to strength training; how diet and nutrition affect both mind, body, and spirit; and day-to-day habits that will impact both your outlook and your body. Through a gradual and realistic process designed to help you both adjust to and combat the rhythms and demands of middle age, your voyage toward a more youthful, energetic, and positive you begins with Every Day, One Day Younger."

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