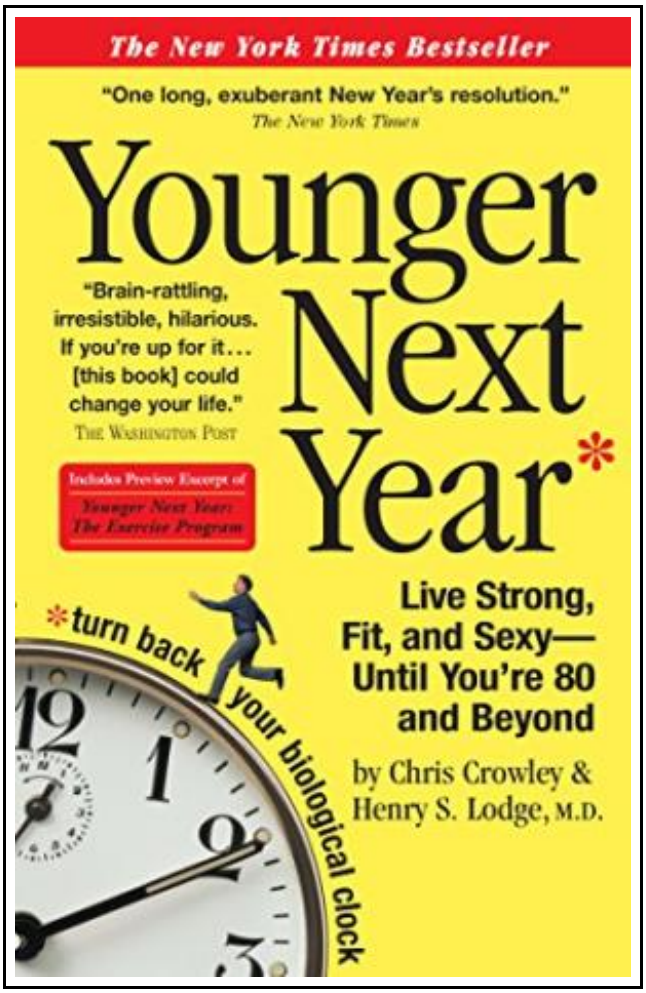
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Workman Publishing, United Kingdom, 2007. Paperback. Book Condition: New. Reprint. 206 x 130 mm. Language: English . Brand New Book. Turn back your biological clock. A breakthrough book for men--as much fun to read as it is persuasive-- Younger Next Year draws on the very latest science of aging to show how men 50 or older can become functionally younger every year for the next five to ten years, and continue to live like fifty-year-olds until well into their eighties. To enjoy life and be stronger, healthier, and more alert. To stave off 70 of the normal decay associated with aging (weakness, sore joints, apathy), and to eliminate over 50 of all illness and potential injuries. This is the real thing, a program that will work for anyone who decides to apply himself to Harry s Rules. Harry is Henry S. Lodge, M.D., a specialist in internal medicine and preventive healthcare. Chris Crowley is Harry s 70-year-old patient who s stronger today (and skiing better) than when he was 40. Together, in alternating chapters that are lively, sometimes outspoken, and always utterly convincing, they spell out Harry s Rules and the science behind them. The rules are deceptively simple: Exercise Six Days a Week. Eat What You Know You Should. Connect to Other People and Commit to Feeling Passionate About Something. The science, simplified and demystified, ranges from the molecular biology of growth and decay to how our bodies and minds evolved (and why they fare so poorly in our sedentary, all-feast no-famine culture). The result is nothing less than a paradigm shift in our view of aging. Welcome to the next third of your life--train for it, and you ll have a ball.

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