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Younger This Year! Page-A-Day Calendar 2018



Synopsis

The fountain of youth of calendars. Adapted from the New York Times bestselling series Younger Next Year[®], here are 365 days of healthy habits to boost vitality, energy, and confidence. Tips on setting exercise patterns (the rule: 45 minutes a day, six days a week, forever); maintaining good posture (keep shoulders back and down); eating nutritionally (skip the refined grains); and staying healthy (reduce the risk of Alzheimer's disease by 40 percent with consistent aerobic exercise). Studies show that self-reported life satisfaction and happiness increase in adults in their midfifties onward—and the Younger This Year! Page-A-Day Calendar is the key to greeting the years ahead with vigor. An inspiring and motivating gift for parents, spouses, and friends.

Book Information

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Customer Reviews

Chris Crowley is Dr. Lodge's 80-year-old patient—the relentless drum-beater for YOUNGER NEXT YEAR and the living proof that Harry's Rules work: It is possible to turn back the biological clock. Henry S. Lodge, MD, FACP, a board-certified internist, is listed variously as "One of the Best Doctors in New York/America/the World." He heads a 20-doctor practice in Manhattan and is the Robert Burch Family Professor of Medicine at Columbia University Medical Center.

Quick service. I am sure this will be some inspiration for next year. I liked the book so I am sure I will like this calendar.

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