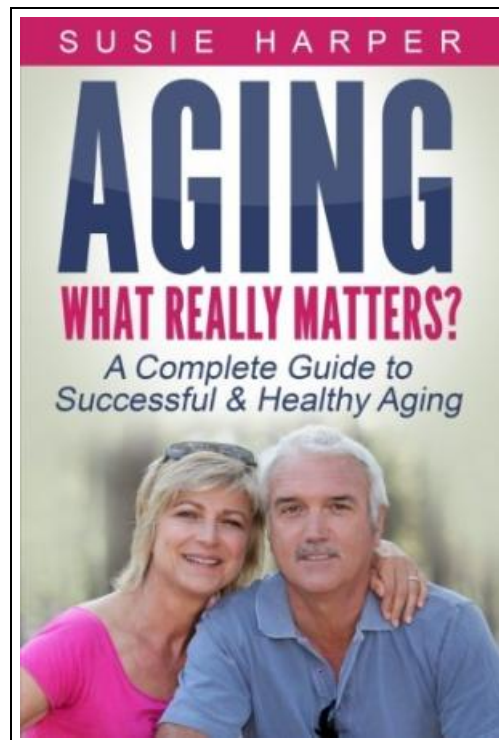


Aging: What Really Matters?: A Complete Guide to Successful Healthy Aging



Filesize: 5.92 MB

Reviews

It is great and fantastic. Sure, it is actually perform, nevertheless an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Ivy Hilll DDS)

AGING: WHAT REALLY MATTERS?: A COMPLETE GUIDE TO SUCCESSFUL HEALTHY AGING



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.What is so important about Aging and what really matters? Maybe you re not concerned about age at the moment but you know aging is just around the corner! Or maybe it has started to affect your day to day life and you desperately need some help and advice to make things more positive? Susie Harper has been through this phase of life with without a partner and experienced many of the things which you might be going through right now! She also spent most of her adult working life in the care professions and has proven time and again that she has the capacity to get right to the heart of the matter in a helpful and loving way This Complete Guide to Successful Healthy Aging discusses the different hardships the process of aging brings along and gives you proven and useful examples about how to overcome them. With this book you will learn about: . Focus on what? not how? Don t let go of your dreams! Having patience and persistence for successful aging How to be resilient when faced with limitations? Ways to prevent aging Power foods and healthy aging Skin secrets and aging with grace The power of sleep and relaxation Physical activity Dental care Aging and Intimacy How to be happy and avoid the fear of aging? Avoid your comfort zone - the advantages of being uncomfortable! How to cope with being single and aging matters? Cupid s arrow, young love, slightly older body! New love can make you young again Youth - what money can cannot buy? Sciences take on aging Hormones Cortisol Inflammation Positive aging and supplements And much much more....



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