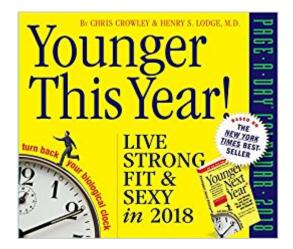


The book was found

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 Yearà ®, 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 Alzheimerââ ¬â,,¢s disease by 40 percent with consistent aerobic exercise). Studies show that self-reported life satisfaction and happiness increase in adults in their midfifties onwardâ⠬⠕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. Ã Â

Book Information

Calendar: 320 pages Publisher: Workman Publishing Company; Des Pag edition (August 3, 2017) Language: English ISBN-10: 152350160X ISBN-13: 978-1523501601 Product Dimensions: 6.1 x 1.4 x 5.5 inches Shipping Weight: 10.6 ounces (View shipping rates and policies) Average Customer Review: 5.0 out of 5 stars 1 customer review Best Sellers Rank: #392,620 in Books (See Top 100 in Books) #28 inà Â Books > Calendars > Diet & Health #92 inà Â Books > Health, Fitness & Dieting > Aging > Longevity #398 inà Â Books > Health, Fitness & Dieting > Men's Health

Customer Reviews

Chris Crowley is Dr. Lodge's 80-year-old patientâ⠬⠕the relentless drum-beater for YOUNGER NEXT YEAR and the living proof that Harryââ ¬â,¢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.

Younger This Year! Page-A-Day Calendar 2018 Horses Dreaming Calendar - Calendars 2017 -2018 Calendar - Wild Horses Calendar - Animal Calendar - Poster Calendar - Photo Calendar By Helma 2018- Beautiful Horse on the Beach 2017-2018 Academic Year Monthly Planner: July 2017 To December 2018 Calendar Schedule Organizer with Motivational Quotes (2018 Cute Planners) (Volume 85) 2018- Beautiful Night Sky Breathing 2017-2018 Academic Year Monthly Planner: July 2017 To December 2018 Large 8.5x11 Calendar Organizer with Motivational Quotes (2018 Cute Planners) (Volume 86) Beautiful London Obsession 2017-2018 Large Monthly Planner Calendar: July 2017 To December 2018 Academic Year Calendar with Inspirational Quotes (2018 Cute Planners) (Volume 36) 2018 Wedding Bell Bliss 18 Month Planner Calendar 2017-2018: July 2017 To December 2018 Calendar Schedule Organizer with Inspirational Quotes (2018 Cute Planners) (Volume 35) 365 Bible Verses-A-Year Page-A-Day Calendar 2018 365 New Words-A-Year Page-A-Day Calendar 2018 A Year of Good Beer Page-A-Day Calendar 2018 A Year of Yoga Page-A-Day Calendar 2018 A Year of Baseball Trivia! Page-A-Day Calendar 2018 The Official 365 Sports Facts-A-Year Page-A-Day Calendar 2018 A Year of Football Trivia! Page-A-Day Calendar 2018 10 Years Younger: Look Younger With Yoga Face Exercises, Get Rid of Wrinkles & Take 10 Years off Your Face in 8 Mins A Day (Health & Beauty Series Book 3) Coaching Elementary Soccer: The easy, fun way to coach soccer for 6-year-olds, 7-year-olds, 8-year-olds, 9-year-olds, and 10-year-olds (kindergarten, first-grade, second-grade, and third-grade) Puppies Calendar - Cute Animals Calendar - Dog Breed Calendars 2018 - Dog Calendar - Calendars 2017 - Calendars 2017 - 2018 Wall Calendars - Puppies 16 Month Wall Calendar by Avonside Today Is Going to Be a Great Day! Page-A-Day Calendar 2018 Classic Car Calendar - Muscle Car Calendar - American Muscle Cars Calendar - Calendars 2017 - 2018 Wall Calendars - Car Calendar - American Classic Cars 16 Month Wall Calendar by Avonside Photography Calendar - Seasons Calendar - Calendars 2017 - 2018 Wall Calendars - Sunset Calendar - Photo Calendar - Seasons 16 Month Wall Calendar by Avonside 2018- Cute Smiling Polar Bear 2017-2018 Academic Year Monthly Planner: July 2017 To December 2018 8.5x11 Organizer with Motivational Quotes (2018 Motivational Quotes Planners) (Volume 48)

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