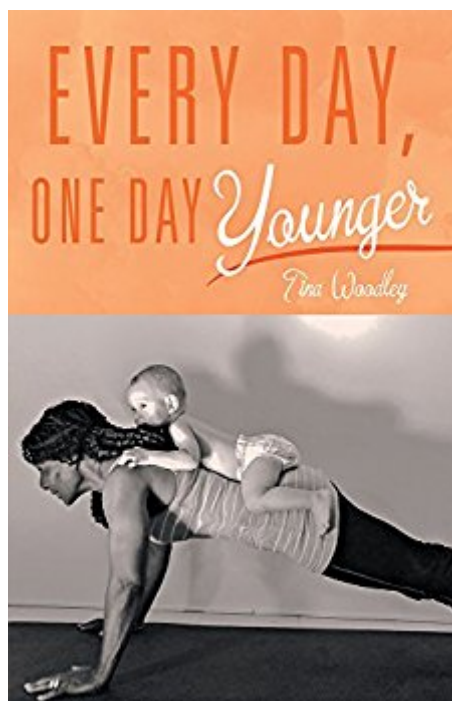


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# Every Day, One Day Younger



## 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."

## Book Information

File Size: 1100 KB

Print Length: 84 pages

Simultaneous Device Usage: Unlimited

Publisher: Balboa Press (March 2, 2016)

Publication Date: March 2, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01CHZ3AKC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #972,396 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9 in Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > Antiques & Collectibles > Sports Memorabilia (besides cards) #88 in Books > Crafts, Hobbies & Home > Antiques & Collectibles > Sports Memorabilia & Cards > Sports Memorabilia #3526 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Health, Fitness & Dieting

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