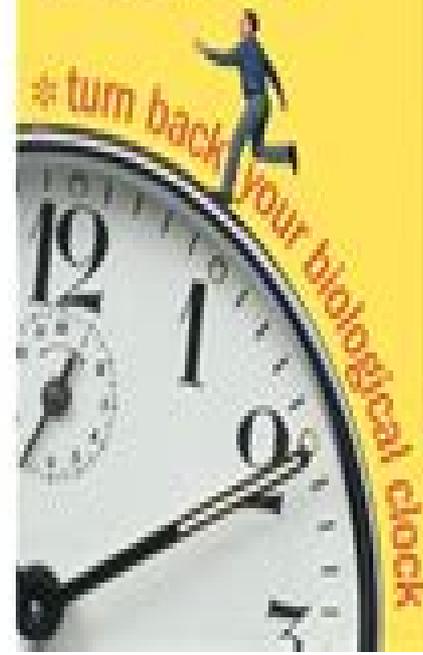


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Fabrocini,2015-12-15 The definitive exercise book that the one million plus readers of the Younger Next Year series have been waiting for and the exercise book that takes the intimidation out of starting a workout routine Based on the science that shows how we can turn back our biological clocks by a combination of aerobics and strength fitness it s a guide that will show every reader how to live with newfound vibrancy strength endurance confidence and joy and it goes deep enough to be your exercise companion for life even if you eventually take it to Masters levels Younger Next Year The Exercise Program combines the best information from the New York Times bestselling Younger Next Year with the cutting edge knowledge and workouts from Thinner This Year Here is the revolutionary 10 minute warm up critical for maintaining ankle shoulder and hip mobility The five amazing things aerobic exercise will do for your body and finding the method that works for you How to get fit better and quicker with intervals The importance of whole body strength training and rebooting the core Plus the Twenty Five Sacred Exercises that will be the foundation for your strength training routine for life *The 10-20-30 Life Wellness Plan* Douglas C. Pearson,2011-01-26 The 10 20 30 Life Wellness Plan provides a simple common sense approach to life wellness developed from 12 years of experience and extensive research It is a holistic approach yet targeted at three basic elements to improve your health The program is easy to follow but demands a personal commitment in looking at behavior patterns in nutrition and exercise so your life changes The book focuses on existing health issues related to improper nutrition and lack of exercise how nutrition and exercise can positively impact your wellness motivation to energize your abilities recommended exercise workouts assessments of your current fitness setting goals for a personal wellness plan and information on each area of The 10 20 30 Wellness Plan *The Power to Stop Any Out-of-Control Behavior in 30 Days* Karen Bentley,2012-04-01 LOVE IS THE SOLUTION The Power to Stop is a 30 day do it yourself spiritual recovery training program that teaches how to stop out of control behaviors bad habits or substance abuse problems The secret of success is the experience of self love which is learned through four practical easy stopping skills The Power to Stop accelerates personal growth restores connection with God and renews deep rich meaning in life Take the happy leap from wasting your life to saving it with love **Younger Next Year** Chris Crowley, Henry S. Lodge,2005 New York Times bestselling authors Crowley and Lodge provide no nonsense advice to help both men and women become functionally younger every year American Idle Mary Collins,2009 First Place Grand Prize Winner for Non Fiction books at the 2010 Next Generation Indie Book Awards Congratulations Mary **Younger Next Year Gift Set for Men** Chris Crowley, Henry S. Lodge,2011-11-01 The gift to give others The gift to give yourself The gift that combines a bestselling program for becoming younger and healthier with a full fledged 52 week journal that makes it easier to change your life bringing planning record keeping and motivation to the equation For gym goers who haven t yet bought the book for the fitness minded for husbands and wives making a commitment to one another for anyone looking to turn back the biological clock and live fit strong and sexy into their 80s and beyond it s exactly the right gift Younger Next Year The Book Journal Gift Set for Men combines The New York Times

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