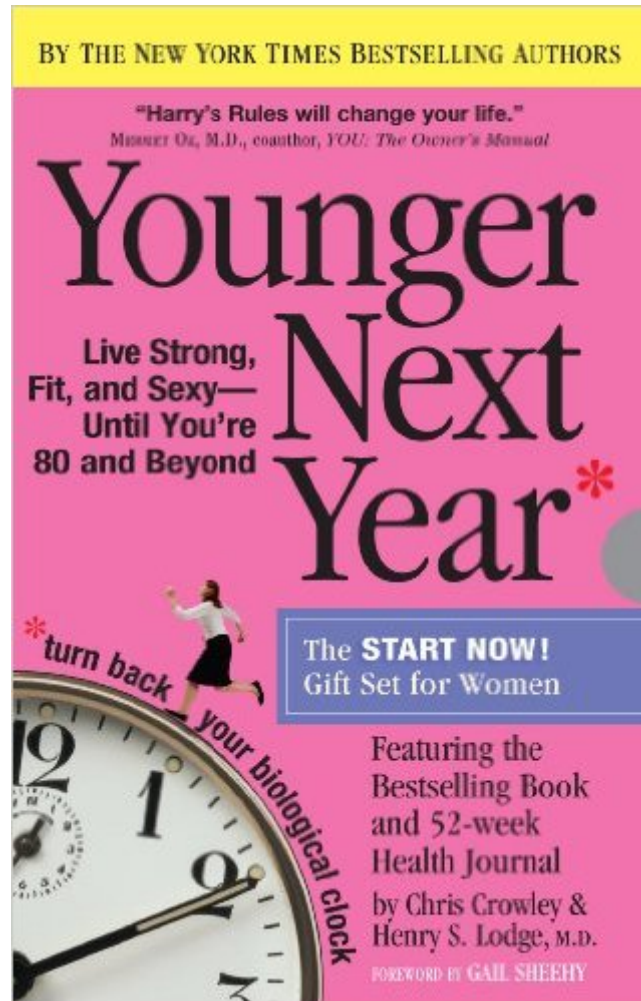


The book was found

Younger Next Year Gift Set For Women



Synopsis

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 Women combines Younger Next Year for Women with an edition of the Younger Next Year Journal. It shows how to become functionally younger through a program of exercise, diet, and emotional connection, and continue to live to the end of your years with newfound vitality and pleasure. The fill-in journal is the right companion to keep track of the Younger Next Year program.

Book Information

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Average Customer Review: 4.4 out of 5 stars See all reviews (46 customer reviews)

Best Sellers Rank: #47,071 in Books (See Top 100 in Books) #16 in Books > Medical Books > Medicine > Internal Medicine > Geriatrics #125 in Books > Medical Books > Basic Sciences > Physiology #190 in Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

I was given this book for my birthday. Although I think I am young, the aches and pains are starting. My vision is going and I am not as strong as I once was. I felt that I was enormously productive, always learning, working, taking care of the family. The fact is I am changing. Naturally. This book is very affirming while encouraging. It is also humorous. I have purchased this book for my family and friends, male and female. I believe it to be true. I must exercise my body and mind to stay connected to my loved ones and live out my life as a vibrant, interested and interesting person. As the authors remark that we can all hear the waterfall as we approach the end of our lives, I intend to

enjoy the magnificent views on the way.

My sister loaned me her copy of Younger Next Year and I liked it so much I bought the gift set for myself. For me, the book was a fun and very motivating read. None of the information presented is rocket science, but the authors were effective in making me want to get out there and get moving! The Journal includes more of the same sort of commentary, but I found the amount of space and design of the journal very impractical for me. After about two weeks of trying to fit my information in a tiny little space, I quickly skimmed the commentary in the journal and then threw it out and used an old (blank) notebook for my journal. For me, the book was a five star and the journal is, at best, two stars. I'd recommend saving your money and designing your own journal.

I read the "guys" version of this book. This is the women's version. I gave it to my wife after she saw me reading the "guys" version. Wow! This book and its companion for guys by the same title, is changing our lives. My wife and I are both 65 years old and not in shape. Authors Chris Crowley and Dr. Henry Lodge, M.D. get it just right. No gimmicks. No B.S. No silly products to buy, diets to follow or goofy mantras to remember. This is a "straight up" serving of the truth - the shocking truth for many of us who needed to hear it said this way.

A great book about what we all know - if you exercise regularly and 'stop eating junk', you will feel better and you will likely lose weight and be 'younger next year'. Written with good scientific fact explanation and written in easy to understand language.

This is a great book packed with so much information. But best of all, IT IS FUN TO READ! How often do you get a self-improvement book that is scientifically backed up, but is so much fun? I kept laughing out loud. This is one self-help book of which I keep picking up and rereading parts. I ended up ordering a number of copies and giving them to all the women in my family. I will admit I haven't done everything the book said to do, but at least it has me moving in a more positive and healthful direction.

Reading this book gave me the motivation to begin and maintain a healthy workout routine. If you need something that puts working out in a different frame of mind, read this book.

This book is full of great thoughts and goals for someone wanting to avoid an often accepted and

assumed decline in our level of health while aging. Perfect for someone who would love to live and be even healthier next year despite how many candles are on our cake! The journal made it easier to create a plan, track and implement those changes. From a greeting card that reminded me of this bookâ€™s challenges. Exactly how old would you act if you did not know how old you are?

Somehow either in the tone of this material, it's basic and hard-to-ignore facts or the simple instructions provided... this one is making all the difference for me. I have used some serious highlighting, which I rarely do, and while just halfway through it, I have already committed to its "doctrine" and am so motivated to follow its no-holds-barred approach to living a vibrant life in the "second third" of my life.

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