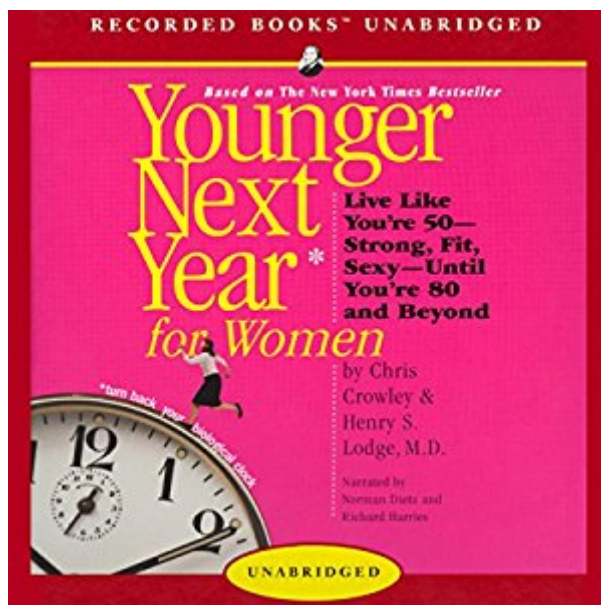


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# Younger Next Year For Women



## Synopsis

Co-written by one of the country's most prominent internists, Dr. Henry "Harry" Lodge, and his star patient, the 73-year-old Chris Crowley, *Younger Next Year for Women* is a book of hope, a guide to aging without fear or anxiety. This is a book of hope, a guide to aging without fear or anxiety. Using the same inspired structure of alternating voices, Chris and Harry have recast material specifically for women, who already live longer and take better care of themselves than men. New material covers menopause and post-menopause, as well as cardiac disease, osteoporosis, sexuality, and more. This is the book that can show us how to turn back our biological clocks-how to put off 70% of the normal problems of aging (weakness, sore joints, bad balance) and eliminate 50% of serious illness and injury. The key to the program is found in Harry's Rules: Exercise six days a week. Don't eat crap. Connect and commit to others. There are seven rules all together, based on the latest findings in cell physiology, evolutionary biology, anthropology, and experimental psychology. Dr. Lodge explains how and why they work-and Chris Crowley, who is living proof of their effectiveness (skiing better today, for example, than he did twenty years ago), gives the just-as-essential motivation. Both men and women can become functionally younger every year for the next five to ten years, then continue to live with newfound vitality and pleasure deep into our 80s and beyond.

--This text refers to the Audio CD edition.

## Book Information

Audible Audio Edition

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Health, Fitness & Dieting > Aging

## Customer Reviews

If you're getting along in years and think that it's ordained that you will decline, lose vitality, and

become frail - READ THIS BOOK!! I did, at my cardiologist's suggestion. Changed my life - and my wife's. We're early 60s and getting strong and fit. We're exercising, hiking, doing regular stretching - and loving it. Feel better than we have in a very long time. Everything is easier. Energy is increased. Mental function is better. Fitness is critical as we age. Fitness is freedom. Fitness is dignity. Fitness is fun. We expect to be strong and active at least into our 80s. Unless we get hit by a truck.

The reason for only three stars: Don't like the journal. Not enough room to comfortably write, and be able to read, all that I want to record. However, the book by itself gets 10 stars! Great information based on research. Very motivational. It has changed my life!!

This is the best book you'll ever read if you want to stay fit after 60. They tell it like it is and really make sense. Exercise is something we all hate, but these authors explain why you must without mincing words. Too many docs see you, give you a script & say see you next year. They never talk exercise & nutrition. You exercise & can't figure why you don't lose weight? Walk every day? This is the last book you'll need for all those answers written in layman's language; we are rotting as we age. To combat the urge to become a couch potato follow these guys' lead and guess what, you can relieve yourself of all that joint pain too...well most of it. Just do it.

This book is full of common sense and science, written with humor and awareness that most of us will not manage the ultimate. But that said, my husband and I have modified our eating, drinking and ramped up our exercise habits and the change is remarkable. In the last 7 months we have lost 38 and 24 lbs respectively. My waist (I now have one) is 7 1/2 in. smaller, my husband's 11 inches. Moreover we are more energetic, our blood pressure is way down, and cholesterol levels continue to drop and yes, thinner is sexier! We were not obese and knew how to eat wisely but we getting lazy and not making health a priority, using age (I'm 66, my husband 69) as an excuse for inactivity and an expanding waistline. The key for us is consistency and daily exercise, we hit the gym 5 days a week. When this started I had never been on a treadmill before, never used weights. We still eat well, way smaller portions, have wine etc, but the book is a great motivator and it works. I still refer to it and reread sections. I have passed it along to many friends. I feel more optimistic about the quality of my life as I grow older and stronger!

Bought this for my recently retired husband. He has enjoyed the book immensely and from his feedback, the book appears to have sound information on ways to maintain and improve health and

wellness. It was recommended to him by a medical professional and seems to have been a great purchase.

If you are anywhere within the "middle ages" (40-60) READ THIS BOOK. An enjoyable read (if you're willing to accept the idea that getting off your lazy ass and getting a little exercise is what the human body was designed for) and full of solid, medically sound, advice. And it's never too late to start. I've given this book to a number of my friends and relatives in their 50s and 60s, and they've all made some level of changes to their diets and activity levels.

I can't say enough good things about this book. It truly can be life changing. I've lived into my sixties, and never knew some of the things about my body that are so wonderfully described in this book. The writing style is great; all the info is delivered in an interesting and easy to grasp manner. Well worth the money and time to read. It's hard to put down!!

Every man who is retired or will be retiring in the near future should read this book. Lots of men including myself look forward to retirement. When we get there retirement is very disappointing. It can bring a feeling of isolation and lack of significance. Maybe a feeling of being adrift with no horizon in sight. It's kind of like "why get up in the morning?" Aches and pains, mood swings, depression - all are common in retirement. This book identifies those feelings and offers solutions. The solutions are exercising regularly to get fit and stay fit, eating sensibly and not eating "crap" and connecting with other people. It makes sense. Based on the book's recommendations I made changes in my own life three months ago that are making a huge difference. I go to the Fitness Center each morning for an exercise class with 25 other people. Twice a week I work out with a personal trainer who did an analysis of my strengths and weaknesses and follows a specific written plan. I joined a hiking and adventure group. I started wearing a Fitbit heart rate and fitness band - Fitbit Charge 2 Heart Rate + Fitness Wristband, Blue, Large. And I started volunteering one day a week at places like the local Nature Center. I never would have believed the difference these changes would make in the quality of life in retirement. I'm feeling good. I'm feeling strong, I'm eating healthy. And I am really enjoying connecting with people again. When men retire we lose our social structure. It's important to build a new social structure. It makes a huge difference. For two years I've been depressed. My doctor prescribed antidepressants. My wife became very concerned about my well being. But after reading this book and taking its recommendations to heart, I'm off the antidepressants and my wife is

amazed and excited about the change in my mood. Read it!

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