



How To Age Well: Reverse The Aging Process And Look Younger For Longer

Mary James

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Want To Stay Beautiful As You Age? Look Younger For Longer. Mary James Explains How.

You are looking for ways to ensure that you don't get to 50 years old and have a body that suggests you are 80. There are thousands of people just like you, worrying how they can put an end to the ageing process, and while you cannot stop this outright there are certainly numerous ways to slow the process down.

You may have been suffering for years or it could be that you have only recently realized that you are starting to age. With the tips and techniques that are included in this book, you can soon be well on your way to flawless, younger looking skin.

There are many things that can help you to prevent and slow down the ageing process. This book focuses on your exercise and diet and how this affects your skin.

The truth is that you do not have to spend vast fortunes on so-called skin fortifiers. You can make a difference in just a short period of time. This book will uncover some the secrets that will surprise you and provide foolproof and practical advice that when followed will make a difference.

INSIDE THE BOOK

- There Is No Timeline
- Age Is in Your Heart
- Slowly Does It
- Eating to Stay Young
- Activity and Exercise
- Feel Good and Look Good
- Slow Down Ageing and Look Younger
- Your Mother's Skin Is Not Yours, or Is It?
- Exercise and Diet Mistakes That Age You

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Nathan Strong:

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