



Healthy Aging For Dummies

By Brent Agin; Sharon Perkins

For Dummies, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Introduction.Part I: So You Want to Look and Feel Young Forever.Chapter 1: The Fountain of Youth, at Your Fingertips.Chapter 2: The Four Major Health Concerns about Aging (and How to Prevent Them).Chapter 3: Evaluating Your Health and History and Setting Goals for Wellness.Part II: Workin' on Your Framework.Chapter 4: Putting Your Best Face Forward.Chapter 5: Loving the Skin You're In.Chapter 6: Building Bones and Preserving Joints.Part III: Using Nutrition to Extend Your Expiration Date.Chapter 7: You Are What You Eat: Nutrition 101.Chapter 8: Supplementing Your Daily Diet.Part IV: Getting Physical.Chapter 9: Maintaining a Healthy Weight and Fitness Level.Chapter 10: Strengthening Your Heart.Chapter 11: Building and Fine-Tuning Healthy Muscles.Part V: Sharpening the All-Important Mind and Spirit.Chapter 12: Keeping Your Mind and Memory in Tip-Top Shape.Chapter 13: Decreasing Stress to Live a Longer, Better Life.Chapter 14: ZZZ . . . The Infinite Importance of a Good Night's Sleep.Chapter 15: Don't Worry, Be Happy: The Keys to Maintaining Health and Vitality.Part VI: The Part of Tens.Chapter 16: Ten Medical Myths that Can Affect Your Health.Chapter 17: Ten Foods to Help You Age Healthfully.Chapter 18: Ten Mind...



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