

How To Look 20 Years Younger Than Your Age

SpiderLove,Susan Wild

How To Look 20 Years Younger Than Your Age:

20 Years Younger Bob Greene, Harold A. Lancer, Ronald L. Kotler, Diane L. McKay, 2011-04-26 It s time to turn back the clock In 20 Years Younger Bob Greene offers readers a practical science based plan for looking and feeling their best as they age The cutting edge program details easy and effective steps we can all take to rebuild the foundation of youth and enjoy better health improved energy and a positive outlook on life The four cornerstones of the program are an exercise regimen for fighting muscle and bone loss a longevity focused diet sleep rejuvenation and wrinkle fighting skin care Woven throughout the text is practical advice on changing appearances controlling stress staying mentally sharp navigating medical tests and much more Readers will walk away with a greater understanding of how the body ages and what they can do to feel and look 20 years younger How to Look 20 Years Younger Than Your Age Okongor Ndifon, 2015-01-08 This book How to Look 20 Years Younger Than Your Age is out to help you attain that youthfulness you desire Youthfulness is achievable when you do some little things expected of you to do as a human You can not change who you are to become someone else but with your potential abilities and information you can become beautiful and younger looking than your age It is easy to look up to 20 years younger and more beautiful in six months and friends are sure to sit up and take note if you take conscious effort and follow the outlined guide in this book Six Ageless Principles for Long Life Success Andrew L. Oliver, 2002-01-27 In Six Ageless Principles for Long Life Success author Andrew L Oliver presents a holistic integrated principle centered approach for living longer aging slower and looking younger With penetrating insights and practical examples Oliver reveals a step by step approach for creating habits of spiritual recreation enriching relationships successful thinking self investment physical fitness and perpetual beauty principles that give us the ability to live a long life filled with health wealth and happiness

How Young Are You? A. A Kronik,2018-09-18 His work is truly revolutionary He has taken the most important of existential experiences and made them transparent for self growth and research Linda Berg Cross PhD ABPP Professor of Psychology Howard University The main purpose of this research based self help book is to introduce the goal and causal theory of Psychological Time and to help you calculate your Psychological Age that is how old you feel based on significant events in your life You can also learn how to lower your psychological age feel younger using past experiences to move into the future rejuvenating the mind for more satisfying personal growth productivity and happiness We humans created the convention of Time hours days millennia But we also created Psychological Time which we can compress to survive an interminable wait for example or expand to luxuriate in pleasure So fully integrated into our brain is this Psychological Time that as part of the illusion we can lose touch with real chronological time altogether and even change the sequence of past events to contradict or override our otherwise communal understanding of the world In this book you will generate Causograms a kind of map that graphically represents your perception of the cause and effect and goal based connections that your mind naturally makes between life experiences These include but are not limited to achievements memories

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