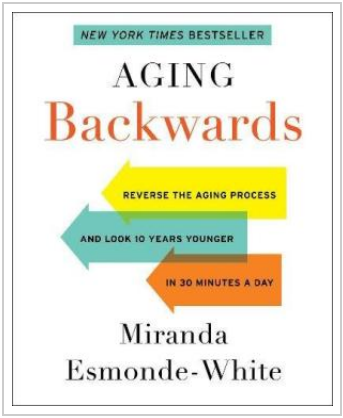

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Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day (Hardback)

By Miranda Esmonde-White

HarperCollins Publishers Inc, United States, 2014. Hardback. Condition: New. Language: English . Brand New Book. PBS fitness personality on Classical Stretch and creator of the fitness phenomenon Essentrics, Miranda Esmonde-White offers an eye-opening guide to anti-aging that provides essential tools to help anyone turn back the clock and look and feel younger no matter what age. Miranda Esmonde-White trains everyone from prima ballerinas to professional hockey players to Cerebral palsy patients: what do they all have in common? All of these people are hoping to heal their bodies, prevent further injury, and move optimally and without pain. In fact, they have the same goals as any of us who are trying to stay young, fit, and reverse the hands of time. Because the aging of our bodies occurs in our cells, it must be repaired there too-that s where Miranda s highly effective and sought-after techniques come in. The body is programmed to self-destruct as we age, but the speed at which it self-destructs is up to us. Recent scientific studies have proven this fact! In Aging Backwards, Miranda offers a groundbreaking guide on how to maintain and repair our cells, through scientifically designed workouts. Healthy cells prevent joint pain,...

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Reviews

Great eBook and useful one. We have go through and i also am certain that i am going to likely to read through yet again once more in the foreseeable future. Your lifestyle period will likely be transform once you comprehensive looking over this book.

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Basically no phrases to clarify. It really is rally fascinating throgh reading time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- ***Anabel Zemlak***