



Teach Yourself Living Longer, Living Well

By Paul Jenner

Hodder Stoughton General Division, United Kingdom, 2008. Paperback. Book Condition: New. 198 x 129 mm. Language: N/A. Brand New Book. * a flexible guide that will add ten happy and healthy years to your life * designed for readers of all ages, backgrounds and abilities - you make the changes you want to make, and you can make them now * all the advice is based on scientific and medical research with plenty of wisdom and commonsense * not just about your health and fitness, this book also covers relationships, love and spirituality * lots of interactive exercises and sample tips This book is designed as a ten-step guide that will add ten (healthy, happy) years to your life. It offers sound advice on health and fitness issues, and will cover diet, and relaxation, in addition to such emotional issues as happiness, love and spirituality. It is all based, not on guru driven theories of bizarre diets or exercise routine, but on common sense and positive thinking, twinned with information that is both practical, and supported widely by the scientific and medical communities. The tone is positive and encouraging throughout; there are also plenty of opportunities for you to interact..



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