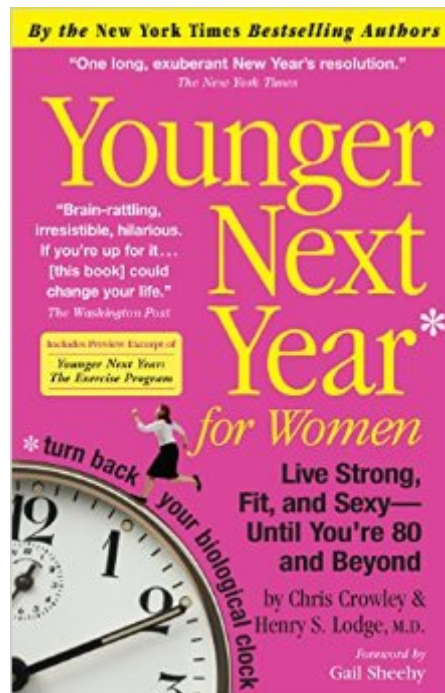


The book was found

Younger Next Year For Women: Live Strong, Fit, And Sexy - Until You're 80 And Beyond



Synopsis

Co-written by one of the country's most prominent internists, Dr. Henry "Harry" Lodge, and his star patient, the 73-year-old Chris Crowley, *Younger Next Year for Women* is a book of hope, a guide to aging without fear or anxiety. This is a book of hope, a guide to aging without fear or anxiety. Using the same inspired structure of alternating voices, Chris and Harry have recast material specifically for women, who already live longer and take better care of themselves than men. New material covers menopause and post-menopause, as well as cardiac disease, osteoporosis, sexuality, and more. This is the book that can show us how to turn back our biological clocksâ "how to put off 70% of the normal problems of aging (weakness, sore joints, bad balance) and eliminate 50% of serious illness and injury. The key to the program is found in Harry's Rules: Exercise six days a week. Don't eat crap. Connect and commit to others. There are seven rules all together, based on the latest findings in cell physiology, evolutionary biology, anthropology, and experimental psychology. Dr. Lodge explains how and why they workâ "and Chris Crowley, who is living proof of their effectiveness (skiing better today, for example, than he did twenty years ago), gives the just-as-essential motivation. Both men and women can become functionally younger every year for the next five to ten years, then continue to live with newfound vitality and pleasure deep into our 80s and beyond.

Book Information

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Customer Reviews

I read Dr. Lodges and Chris Crowley's book and it changed me forever. I first saw these two authors on CBN and then ordered the book, "Younger Next Year for Women". What I like about this book in

terms of its style and reading is that it is balanced between Dr. Lodge's biology and DNA subject matter and Chris Crowley's shoot from the hip style. Yes, they do advocate exercise, but nothing so mundane as you find in typical exercise or motivation books. Nothing in any other exercise book ever woke me up like this book. More than just another exercise or fitness book, this book explains why and how we age, why we get fat, why and how we program our body and cells to die instead of grow. This book explains how our modern life style has confused the programming of our body and caused us to get fat, grow old, get stiff, get diseased and finally die. These things don't just happen to us - we cause them to happen! That's right, we program our DNA and cells to age and die by our life style and activity, or lack thereof, which tells our body what to do with the next generation of cells. It also goes into what our bodies were designed for and how to work in harmony with that perfect design to obtain optimum performance. Once I learned this, I suddenly became aware that I had been setting my body up to die, day by day, one dead cell after another. I changed in the instant I read the first couple of chapters. This book is a real eye opener and instead of motivating you to do push ups or do this or that, this book integrates the whole life system of human evolution and biology and social attitude based on the design and makeup of the human genetic machine. It puts you on the right track to do what your body and cells were made to do and to do it well for a long and healthy life.

I can't even count the number of self-help books I have read. I have a degree in holistic science. I "know" all the things we are supposed to do. But having come thru a particularly tough phase in life, including the loss of a committed relationship, two cross country relocations and two job changes all within the last 5-6 years, I hit the age of 60 wondering, where did all the time go? what do I do now? is it true, as I always believed, that it is "never too late"? While I was pondering those questions, the age of 61 rolled around, and all of a sudden I felt everything from the last few years finally took its toll. I tried adding up the positives: I finally live in my most favorite place; I am consistently thought to look younger than I am; I work for a wonderful organization that serves a great cause; I have had amazingly good health and I am the only one I know past 60 who has no aches nor pains; I ran a half-marathon this spring; I have great friends; I have a meaningful spiritual life. Yet I still felt like I had run out of luck, and the downhill slide was before me. I am literally driving my car around with three crates of books I need to get rid of, but somehow I got captured once again by a book club that offers those 5-6 books for 99 cents. One of the clinchers was the title of this book. I thought, how crazy can I be - falling for a title like that?! Earlier this week my book package came, and last night I read almost this whole book (I recommend reading Part II well before you finish Part I, it is

totally inspirational). The two-generational perspective of Chris and Harry is unique; Chris' wit and his own story often fool the reader into thinking it's the voice of the younger one.

So what's the deal? Can you really be younger next year? As another reviewer says, "Well, maybe." But the "maybe" isn't based on sketchy science, less-than-reliable studies, or even unclear advice; the "maybe" is based on whether or not the reader is willing to follow the very clear and well-supported advice, which is based on new but exciting discoveries in the science of aging bodies. The advice? Seven basic and fairly straightforward rules, beginning with exercise (6 days a week for the rest of your life) and ending with finding something to be committed to and excited about (for the rest of your life), with some talk about not eating crap and a few other recommendations in between. Simple to understand, but not so simple to do, maybe most especially that thing about working out 6 days a week, every week, until they carry you out. That's a tough pill to swallow for many of us, but the authors make a clear and convincing case that it can be a magic pill, a pill that can promote wellness and firmness into our 80s and beyond, and help most of us replace what might have been a frail and desperate old age with a vigorous, joyful "next third" of our lives. And what a great job they do of making that case, not only in the sense of presenting a clear and persuasive argument, but also in presenting it in a witty, entertaining, but also very direct style. The authors are one doctor and one of his patients, and they alternate chapters, sort of a team-teaching style, where Harry, the doc, gives you the science, and Chris, the regular guy, talks about how the science plays out in your life, and has in his.

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