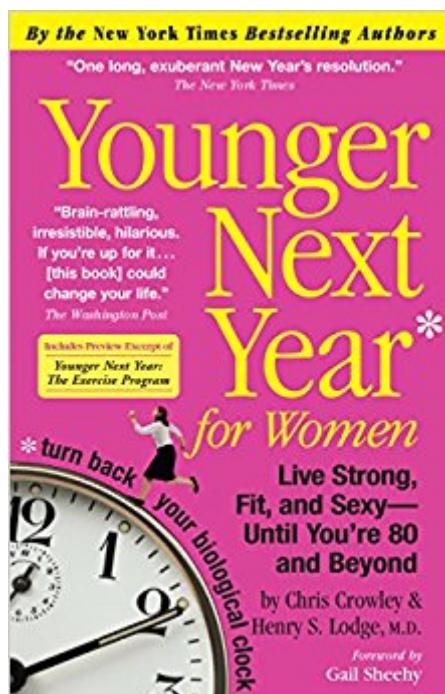


The book was found

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 clocks—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 work—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

Crowley and Lodge rework their bestselling *Younger Next Year* (which targeted men) to address health and aging concerns for women. Former attorney Crowley's chatty voice alternates with

internist-gerontologist Lodge's straightforward medical perspective. The authors promise that major lifestyle changes, including a six-days-a-week exercise regime, and a positive view of aging will make the "next third" of life—the stage after menopause—the most fulfilling. Because women live longer, are highly motivated for change and fear aging less than men do, the authors contend, they will reap great benefits from the program. Crowley and Lodge put their own spin on commonsense health essentials, with Lodge adding information on the latest antiaging breakthroughs. A variety of activities (biking, skiing, sailing, yoga) will likely make the intensive exercise plan more enjoyable. Although there is little new material, women may find the 71-year-old Crowley's cheerleading appealing—the old buddy tone of the previous edition is exchanged for that of a male "girlfriend"—and a great motivator not only for making lifestyle changes but for equating health with how one feels, not how one looks. (Jan.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to the Hardcover edition.

"Brain-rattling, irresistible, hilarious...it could change your life." --This text refers to the Audio CD edition.

If you're getting along in years and think that it's ordained that you will decline, lose vitality, and become frail - READ THIS BOOK!! I did, at my cardiologist's suggestion. Changed my life - and my wife's. We're early 60s and getting strong and fit. We're exercising, hiking, doing regular stretching - and loving it. Feel better than we have in a very long time. Everything is easier. Energy is increased. Mental function is better. Fitness is critical as we age. Fitness is freedom. Fitness is dignity. Fitness is fun. We expect to be strong and active at least into our 80s. Unless we get hit by a truck.

The reason for only three stars: Don't like the journal. Not enough room to comfortably write, and be able to read, all that I want to record. However, the book by itself gets 10 stars! Great information based on research. Very motivational. It has changed my life!!

This book is a wake up call for all of us over 60. Buy it, read it, and live it. Besides being informational, many times it caught me by surprise - leaving me laughing out loud. My wife started getting tired of the many times I made her stop what she was doing to read a passage I selected so she could laugh along with me. Sadly I've loaned this book out so many times, I forgot who I gave it to last and it hasn't come back yet.

This is the best book you'll ever read if you want to stay fit after 60. They tell it like it is and really make sense. Exercise is something we all hate, but these authors explain why you must without mincing words. Too many docs see you, give you a script & say see you next year. They never talk exercise & nutrition. You exercise & can't figure why you don't loose weight? Walk every day? This is the last book you'll need for all those answers written in layman's language; we are rotting as we age. To combat the urge to become a couch potato follow these guys' lead and guess what, you can relieve yourself of all that joint paint too...well most of it. Just do it.

This book is full of common sense and science, written with humor and awareness that most of us will not manage the ultimate. But that said, my husband and I have modified our eating, drinking and ramped up our excercise habits and the change is remarkable. In the last 7 months we have lost 38 and 24 lbs respectively. My waist(I now have one) is 7 1/2 in. smaller, my husband's 11 inches. Moreover we are more energetic, our blood pressure is way down, and cholesterol levels continue to drop and yes, thinner is sexier! We were not obese and knew how to eat wisely but we getting lazy and not making health a prority, using age(I'm 66, my husband 69) as an excuse for inactivity and an expanding waistline. The key for us is consistency and daily excercise, we hit the gym 5 days a week. When this started I had never been on a treadmill before, never used weights. We still eat well, way smaller portions, have wine etc, but the book is a great motivator and it works. I still refer to it and reread sections. I have passed it along to many friends. I feel more optimistic about the quality of my life as I grow older and stronger!

Bought this for my recently retired husband. He has enjoyed the book immensely and from his feedback, the book appears to have sound information on ways to maintain and improve health and wellness. It was recommended to him by a medical professional and seems to have been a great purchase.

If you are anywhere within the "middle ages" (40-60) READ THIS BOOK. An enjoyable read (if you're willing to accept the idea that getting off your lazy ass and getting a little exercise is what the human body was designed for) and full of solid, medically sound, advice. And it's never too late to start. I've given this book to a number of my friends and relatives in their 50s and 60s, and they've all made some level of changes to their diets and activity levels.

It's ok. The entire book could have been condensed into 4 paragraphs. Work out 6 days a week and eat less junk. I was hoping for a whole lot more info.

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