

Stop Acting Your Age, Start Living Your Life (Paperback)



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Reviews

An extremely awesome publication with lucid and perfect explanations. It is actually written in basic phrases rather than confusing. You will like how the writer publishes this book.
(Melody Jakubowski)

STOP ACTING YOUR AGE, START LIVING YOUR LIFE (PAPERBACK)



To save **Stop Acting Your Age, Start Living Your Life (Paperback)** PDF, please follow the link under and save the ebook or gain access to additional information which might be in conjunction with STOP ACTING YOUR AGE, START LIVING YOUR LIFE (PAPERBACK) book.

Createspace, United States, 2012. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Stop Acting Your Age, Start Living Your Life gives the reader a full menu of new opportunities to get a fresh start at life. It's your chance to re-invent yourself and start living life on your own terms. Become an interesting character whose life story reads like an adventure novel. Break out of those tired, worn-out social conventions that confine adults to a passive, isolated existence; sitting on the sofa waiting for the phone to ring, or the Grim Reaper to call. Out with the old-old and in with the new, modern maturity. In other words, STOP ACTING YOUR AGE so you can START LIVING YOUR LIFE. Time to YOUTH N UP, discover the newfound ways to make your life youthful, again. All you need to get started is a new attitude about your potential and life-chances. Follow the author's nine-step, YOUTH N formula to achieve active aging and adventurous retirement. Become a ZOOMER . a boomer with Zip! The YOUTH N UP formula is founded on the author's meta-analysis of research findings in peer-reviewed journals on preventive medicine, psychology, sociology and retirement living. Step-by-step, readers learn what experts have discovered about extending the youthful years of life. Age is just a number, as demonstrated by older people who look, feel and act decades younger than their chronological age. Readers learn the essentials of a total fitness lifestyle such as sound nutrition and dietary habits, brain boosting neurobics, improved body strength, increased energy, growing your social network, connecting to your higher power, achieving retirement-readiness and the pursuit of an AgeVenturous life. Readers are introduced to ZOOMER role-models, profiles of real people, not celebrities who possess...



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