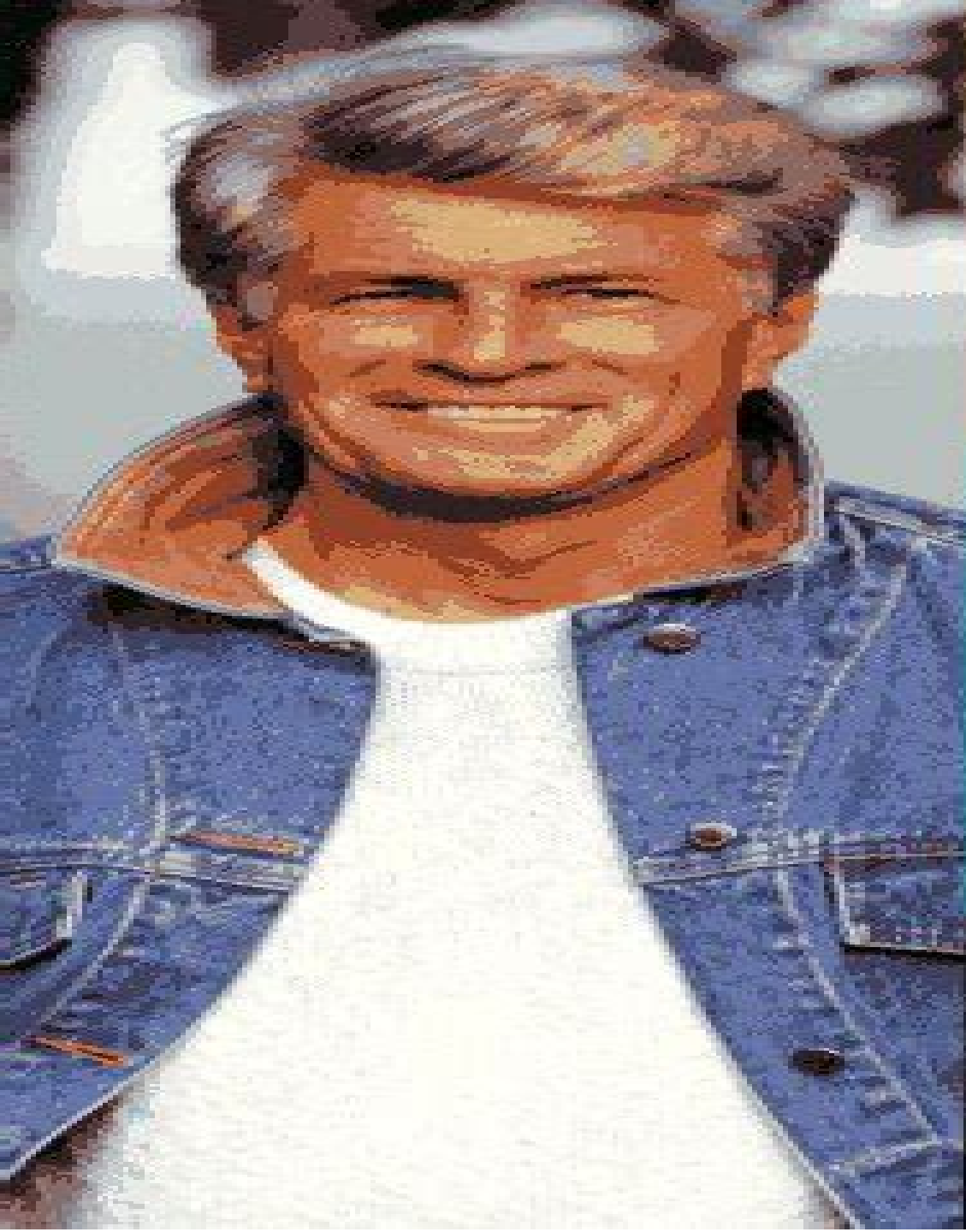




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Look 10 Years Younger Live 10 Years Longer A Mans Guide

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Look Ten Years Younger, Live Ten Years Longer David Ryback,1995 Life expectancy for women is greater now than ever before What makes the body decline is the combined effects of inactivity poor nutrition and illness This guide provides advice backed by recent research findings for renewed strength and vitality at any age

The Publishers Weekly ,1912 Library Journal ,1995 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

Be an Outrageous Older Man Bard Lindeman,1998 In this highly informative book The perfect gift for Father s Day Birthdays columnist Bard Lindeman writes an open letter to men who are growing older and feel the pressure Lindeman believes that Americans do not understand the aging process Rather than embracing this stage of their lives they kneel at the altar of youth to worship the ideals of perpetually abundant hair and unwrinkled skin Why waste your time Lindeman asks when you can be an outrageous older man With warmth and wit Lindeman covers the areas of most concern to men and the women who love them health work is retirement a good idea or a failed experiment loneliness sexuality You bet there s sex after 50 meeting new people and advocacy Who else will stand up for the rights of older people if we don t he asks Be an Outrageous Older Man is based on Lindeman s personal experiences the research behind fourteen years of his nationally syndicated twice weekly newspaper column In Your Prime and the hundreds of letters and cards he s received from his readers He knows because his readers have told him that older men are incredible grandfathers and that

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Male Menopause Jed Diamond,1997 The comprehensive examination of this very real health issue *The Longevity Sourcebook* David Seidman,1997 The search for immortality is perhaps as old as humankind itself The Longevity Sourcebook examines and clearly delineates fact from fiction and presents the most up to date theories on how to live a long and healthy life It discusses nutrition and its impact on longevity including how much to eat diets and dieting ways of preparing food and the pros and cons of meats seafood and fruits and vegetables It also reviews the most current theories on the benefits of exercise the latest medical procedures and discoveries and the impact of the environment on long life **Writer's Guide to Book Editors, Publishers, and Literary Agents, 1997-1998** Jeff Herman,1996-09-25 This book contains the names and addresses of acquisitions editors at top publishing houses as well as their area of expertise and information on top literary agents First time and experienced authors will find the information they need to get their big break in the writing business instead of having their manuscripts end up in the slush pile **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004 **The Big Book of Health Secrets** FC&A Publishing,2001-09 *Subject Guide to Books in Print* ,2001

Stress Clarke M. Ivanich,2002 Stress seems to be an affliction common to almost everyone living in the 21st century except perhaps a few inhabitants of some far off islands untouched by modern society But what is it And more importantly what is there we can do about it Some research says we need it but this seems hard to believe Other research no less believable says we don t need it but we can manage it About the only thing about stress that seems certain is that there is a lot of it around and that the less of it that lands on a person the better This book gathers new and important citations from both the journal and the book literature and provides access through author subject and title indexes **Forthcoming Books** Rose Army,1996-06 **Whitaker's Books in Print** ,1998 *Southern Michigan All-Outdoors Atlas & Field Guide* Sportsman's Connection,2013-09-01 Sportsman s Connection s Southern Michigan All Outdoors Atlas Field Guide contains maps created at twice the scale of other road atlases which means double the detail And while the maps are sure to be the finest quality you have ever used the thing that makes this book unique is all the additional information Your favorite outdoor activities including fishing lakes and streams hunting camping hiking and biking snowmobiling and off roading paddeling skiing golfing and wildlife viewing are covered in great depth with helpful editorial and extensive tables which are all cross referenced and indexed to the map pages in a way that s fun and easy to use *Ebony* ,2001-07 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any

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