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**Younger Next
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...

A breakthrough book for men, "Younger Next Year" draws on the very latest science of aging to show how men 50 or older can become functionally

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younger every year
for the next five to
ten years, and
continue to live like
50-year-olds until
well into their 80s.

**Younger Next
Year - Turn back
your biological
clock**

Together the two
men translated
their experience

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book, "Younger
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in 2004 by
Workman.
Alternating
chapters,...

**Younger Next
Year: A Guide to
Living Like 50**

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A breakthrough
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much fun to read
as it is persuasive--
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ten years, and
continue to live like
fifty-year-olds until
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eighties.

**Younger Next
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Living... book by
Chris Crowley**

Younger Next Year
for Women by
Chris
Crowley, Henry S.

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Year A Guide To

Lodge Summary 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

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or anxiety.
Living Like 50

**Younger Next
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Younger Next Year:
Live Strong, Fit,
Sexy, and
Smart—Until You're
80 and Beyond
Paperback -
December 24,
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Book Overview To mark the 15th anniversary of the bestselling series, Younger Next Year now includes two new chapters on the link between physical exercise

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and brain health.
Their message is
straightforward: A
program of
consistent exercise
and eating right
not only helps us
physically but
improves memory,
cognition, mood,
and more.

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Overview. 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
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aging without fear

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or anxiety. This is a book of hope, a guide to aging without fear or anxiety.

**Younger Next
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A breakthrough book for men--as much fun to read as it is persuasive--

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Younger Next Year draws on the very latest science of aging to show how men 50 or older can become functionally younger every year for the next five to ten years, and continue to live like fifty-year-olds until well into their eighties.

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— Chris Crowley,
Younger Next Year:
A Guide to Living
Like 50 Until You're
80 and Beyond
“How you live, and
how you think
about it, is a big
part of how your

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life goes, so there is a real premium on having positive emotions. The good news is, you can get them by consciously creating positive environments.

**Amazon.com:
Younger Next
Year: Live
Strong, Fit, Sexy,**

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A breakthrough
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Henry "Harry"

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patient, the

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or anxiety. This is a
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guide to aging

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**Younger Next
Year Quotes by
Chris Crowley**

Chris Crowley and
Jeremy James for
Younger Next Year
and BackForever.
Chris Crowley and
Jeremy James for
Younger Next Year
and BackForever.

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Obits. ... THE BEST

GUIDE TO

EXERCISE (AND

LIFE) EVER

December 5, 2015.

Challenge: Making

A Healthy Dinner

Menu For Ten Or

More March 17,

2014.

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Year: Live

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Younger Next Year:
A Guide to living
like 50 Until You're
80 and Beyond by
Chris Crowley and
Henry S. Lodge, MD
(Random House,
2004) may be the
best book I've read
on aging well; it's
the most complete,
and certainly the

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Year A Guide To
most engaging and
fun. The foundation
of the book is
seven rules, called
“Harry’s Rules.”

**Henry S. Lodge,
Author of
‘Younger Next
Year’ Books, Dies**

...

Younger Next Year
isn't heavy on
theory, but you will

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get solid advice that's easy to put to work. The New York Times best-seller, *Younger Next Year* by retired lawyer Chris Crowley and the late gerontologist Henry Lodge delivers some of the simplest, most practical advice on healthy living.

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younger every year
for the next five to
ten years, and
continue to live like
fifty-year-olds until
well into their
eighties.

**Younger next
year - Some solid
advice to make it
happen ...**
younger next year.

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I bought the cd's & have listened to them several times. I still refer back to them every day. I am 64 years old & I believe I will be younger next year. It is a book on changing your life style. It explains what happens to your body when you

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exercise(or don't
exercise). it is very
easy to understand
& will cause you to
change.

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