



Aging Gracefully: 16 Anti-Aging Strategies to Make the Best of Your Golden Years

Edward Wilson

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Approximately 100 years ago, the average life expectancy for people living in developed nations was only a little over 50 years. Today, living into our 80s is certainly not unusual. By changing some unhealthy habits and making conscious decisions regarding how we live, it is possible to slow the aging process.

In order to help you fulfill your potential and make the most of your life as you age, *Aging Gracefully: 16 Anti-Aging Strategies to Make the Best of Your Golden Years* created a helpful list. This book will show you how to exercise, sleep, and eat better in order to stay younger looking and remain healthy as you age. The book gives well-thought-out suggestions regarding important life choices, such as stopping alcohol addiction and smoking, managing stress, listening to your body, and protecting your skin in order to achieve the best health.

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