

[PDF] 20 Years Younger: Look Younger, Feel Younger, Be Younger!

Bob Greene, Harold A. Lancer, Ronald L. Kotler, Diane L. McKay - pdf download free book



Books Details:

Title: 20 Years Younger: Look Younge

Author: Bob Greene, Harold A. Lancer

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Description:

Review "Together with stress control and the power of a positive attitude, Greene firmly demonstrates that it's never too late for anyone to look and feel their best. Timely, accessible and compelling guidance from a veteran health-and-wellness guru." (**Kirkus**)

"Oprah's bestselling diet and fitness guru offers a four-part, science-based, antiaging plan for looking and feeling younger and healthier... Greene's lists of dos and don'ts help readers assess their current health status and grasp what changes to make in order to move forward." (***Publishers Weekly***)

"Bob Greene changed my life." (**Oprah Winfrey**)

About the Author Bob Greene is an exercise physiologist and certified personal trainer specializing in fitness, metabolism, and weight loss. He is the bestselling author of *The Best Life Diet*, *The Total Body Makeover*, *Get With the Program!*, and the coauthor of *Make the Connection*. He is also a contributing writer and editor for *O* the Oprah magazine, and writes articles on health and fitness for Oprah.com.

Harold Lancer, MD, is a Beverly Hills dermatologist. Diane L. McKay, PhD, is a nutrition specialist and scientist at Tufts University. Ronald L. Kotler, MD, is cofounder of the Pennsylvania Hospital Sleep Disorders Center.

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