

# Smart, Strong and Sexy at 100?: New Skin. New Hair. New You. 7 Simple Steps to Thrive at 100. and Beyond.



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## ***Reviews***


*This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.*


*(Juliet Mertz)*

## **SMART, STRONG AND SEXY AT 100?: NEW SKIN. NEW HAIR. NEW YOU. 7 SIMPLE STEPS TO THRIVE AT 100. AND BEYOND.**



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 364 pages. Dimensions: 9.0in. x 5.9in. x 0.9in. What would you do with an extra twenty or thirty youthful energetic years? What would you give for them? Imagine being Smart, Strong and Sexy at 100. Find out why this is your destiny. Someday we will look back on history with no personal understanding or empathy for human aging and how it once ravaged bodies and minds. We will read about it much like we now read of 27 year lifespans, scurvy, the plague, beriberi and primitive surgery and dentistry. That someday may well be in your personal future. This book explains how you can live long enough to enjoy a vibrant, prosperous, open-ended (yes, open-ended) lifespan from technologies being developed today. Before you know it, 100 will be the new 50. Meanwhile, follow 7 simple steps to improve your own odds of taking advantage of tomorrow's life-expanding miracles. Inside, David Kekich reveals. . . How to enjoy unforgettable sex on your 100th birthday. One simple lifestyle change you can make today that could lower your death rate by 60. Why we can rejuvenate the elderly in your lifetime. How to avoid being left behind while your friends board the Longevity Express. Why you are better equipped than your doctor to ensure more vitality. What causes you to age. . . and what you can do to turn the tide today. Why following your mother's advice may keep you from losing your memory of her (and everything else) by the time you're 80. Why the sun can heal you or kill you. Here's what to change now. What 3-a-day habit could be the most important thing you could do for more life and longevity. That the medical...

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