
You're at your twenty-fifth high school reunion and, of course, almost everyone looks older, rounder, and a bit wrinkled. But there are a few enviable exceptions who are smooth-skinned, lithe, and energetic. Who are those people? Why do they look and feel so much younger? And, most important, what are they doing that you're not? According to Dr. David Weeks, who draws from eighteen years of scientific research, these men and women are the "superyoung"--people who, on average, appear ten or more years younger than their actual age. In addition to looking youthful, these extraordinary people share a host of similar characteristics, including keen minds, better sex lives, and more energy. More than just a study of this desirable group, Secrets of the Superyoung offers prescriptive lessons--such as tips on how to improve your memory, diet, and fitness program--so that you can reduce the signs of aging with a healthier mind and body. Filled with case studies, quizzes, and exclusive interviews with superyoung, Are you superyoung? Do you look ten years younger than your age?, Do you feel many years younger than your age?, Is your memory strong and reliable?, Do you sleep well?, Do you have an active and fulfilling sex life?, Are your skin and hair vital and healthy?, Are you in good athletic shape?, Are you, for the most part, happy and contented? From the authors of Eccentrics comes a study of age-defying people the world over, with lessons on ways to look and feel younger than your years without spending your life savings on cosmetic surgery, anti-wrinkle creams, a personal home gym, or a guru. In Secrets of the Superyoung, Dr. David Weeks, founder of the world-renowned Super-young Project--an eighteen-year-long study of people who look and feel ten years younger than their chronological age--teaches us that while the superyoung are different from the rest of us, anyone can think, feel, and look younger. celebrities, Secrets of the Superyoung paves a clear footpath to staying younger in body and mind for everyone.

DOWNLOAD http://bit.ly/1ovQjmC

POP ART. Edition en anglais, Jamie James, 1996, Art, 126 pages. Pop Art was one of the most revolutionary art movements of the twentieth century. During the 1950s - a period of peace, prosperity and complacency - a group of artists in Great ....

Stay Young Reduce Your Rate of Aging, John Keith Beddow, Jun 1, 1986, Health & Fitness, 101 pages. 

Widow's Walk One Woman's Spiritual and Emotional Journey to a New Life, Anne Hosansky, May 1, 1995, Self-Help, 224 pages. A memoir of one woman's spiritual and emotional journey following the loss of her husband of 39 years to cancer. Without self-pity or blame, Widow's Walk is at once a love ....

The Edge Effect Achieve Total Health and Longevity with the Balanced Brain Advantage, Eric R. Braverman, 2005, Health & Fitness, 294 pages. The author, a leading figure in the practice of brain-body health care, and a
frequent guest on national television, reveals the dramatic impact that proper brain nourishment ....

Eccentrics A Study of Sanity and Strangeness, David Joseph Weeks, 1996, Psychology, 277 pages. A scientific study of eccentric behavior differentiates between eccentricity and insanity while providing anecdotes and history examples that cite such figures as William Blake ....

The prime of life and how to make it last , Myra Waldo, Sep 1, 1980, Health & Fitness, 303 pages. A handbook concerning the process and problems of aging illuminates ways to get the most out of every stage of life and details specific steps that should be taken from as ....

Age protectors stop aging now with the latest breakthroughs that halt the life-robbing diseases, erase the lines of time, sharpen your mind and memory, rekindle your youthful spirit, Edward Claflin, Aug 1, 1998, Health & Fitness, 548 pages. A natural approach to coping with the effects of aging presents a variety of simple, realistic, and practical strategies designed to help one look and feel younger and live a ....


The chemotherapy & radiation therapy survival guide , Judith McKay, Nancee Hirano, Feb 1, 1998, Health & Fitness, 226 pages. Answers questions often asked by cancer patients, discussing chemotherapy and radiation treatments, side effects, the need for emotional support, and handling stress.

Can We Live 150 Years? Your Body Maintenance Handbook, Mikhail Tombak, Jan 1, 2004, Health & Fitness, 271 pages. How to loose[sic] weight, our diet and cancer, the art of staying young, healthy spine, complete body cleansing, nature's 'doctor', internal and external beauty, natural ....


Low back pain medical diagnosis and comprehensive management, David G. Borenstein, Sam W. Wiesel, Scott D. Boden, 1995, Medical, 732 pages. The 2nd Edition provides definitive coverage of the medical causes of low back pain. The specific diagnostic and treatment maneuvers required for effective decision making are ...

Running the Table The Legend of Kid Delicious, the Last Great American Pool Hustler, L. Jon Wertheim, 2007, Biography & Autobiography, 248 pages. Offers a portrait of Danny Basavich, a New Jersey-born pool hustler known as Kid Delicious, and his set-up man, Bristol Bob, as they embark on a four-year odyssey through the ...


Rise and Fall of Strategic Planning , Henry Mintzberg, Jan 31, 1994, Business & Economics, 458 pages. In this definitive and revealing history, Henry Mintzberg, the iconoclastic former president of the Strategic Management Society, unmasks the press that has mesmerized so many ...


Bettina Valentino and the Picasso Club , Niki Daly, Apr 27, 2009, Juvenile Fiction, 103 pages. A controversial new teacher at Bayside Preparatory School introduces the exciting world of art to aspiring artist Bettina
Valentino and her fifth-grade classmates, encouraging ...


Easy Wedding Planner Workbook and Organizer, Elizabeth Lluch, Alex Lluch, Feb 1, 2008, Reference, 150 pages. "The Easy Wedding Planner" is a simple, interactive guide that helps the bride plan every aspect of her wedding ceremony and reception. The book includes more than 150 ...


First Principles of the Science of Evolution Textbook for Middle Schools, Ninth Year, Mikhail Mikhailovich Beljajew, 1934, Evolution (Biology), 136 pages.

Stress, Risk, and Resilience in Children and Adolescents Processes, Mechanisms, and Interventions, Robert J. Haggerty, Sep 28, 1996, Medical, 417 pages. Many children's behavioral problems have multiple causes, and most children with one problem behavior also have others. The co-occurrence and interrelatedness of risk factors ...

The Story of English How the English Language Conquered the World, Philip Gooden, 2009, Language Arts & Disciplines, 223 pages. Born as a Germanic tongue with the arrival in Britain of the Anglo-Saxons in the early medieval period, heavily influenced by Norman French from the 11th century, and finally ...

Cellular and Molecular Linkers of Innate and Adaptive Immunity in the Peritoneal Cavity, Michelle L. McCully, 2008, 273 pages. Keywords. Immunology, immune cell activation, antigen-presenting cells, dendritic cells, cell signalling, RIP2, peritonitis, peritoneal dialysis


Sherlock Holmes Reader, Arthur Conan Doyle, Mar 1, 2000, Fiction, 224 pages. A fresh new look at the finest works of world literature at incredible prices! Complete and unabridged.

Well Deserved, Michael Loyd Gray, Jun 1, 2009, Poetry, 246 pages. The folks of Argus--from the small-time dealer to the returning Vietnam vet, the town grocery clerk, and the new sheriff--come to the stark realization that their paths are not ...

Helping Kids Get Organized, Robyn Freedman Spizman, Marianne Daniels Garber, Jan 1, 1994, Time management, 80 pages. Prepares students for learning by teaching them effective organizational habits.


Fab Four FAQ 2.0 The Beatles' Solo Years, 1970-1980, Robert Rodriguez, 2010, Music, 475 pages. "Fab Four FAQ" contains everything left to know about the Beatles. This title picks up where "Fab Four FAQ" left off, presenting information on their careers as solo artists ...

Recruitment and Selection, Elearn, Dec 23, 2008, Business & Economics, 132 pages. This book explores the managerial roles and responsibilities with regard to safety. Applying key legal requirements to the workplace, it looks at how workplace facilities are ...

Hellenistic Science and Culture in the Last Three Centuries B.C., George Sarton, 1993, Science, 554 pages. Noted scholar's brilliant recapitulation of an especially fertile period for Greek astronomy, physics, mathematics, other sciences. Also illuminating discussions of art ...


Deadville, Ronald Koertge, 2008, Juvenile Fiction, 212 pages. Sleepwalking through life since his younger sister died of cancer two years earlier, Ryan finds reasons to start living his life when he begins visiting a beautiful classmate ...

Machiavelli, More, and Luther, Niccolò Machiavelli, Martin Luther, William Roper, Sir Thomas More (Saint), 1910, Political science, 397 pages. contains: The Prince by Niccolo Machiavelli; Utopia by Sir Thomas More; Ninety-five Theses, Address to the German Nobility, and Concerning Christian Liberty by Martin Luther

Manalive, G. K. Chesterton, Dec 1, 2008, Fiction, 144 pages. Chesterton has been called the "prince of paradox." He wrote in an off-hand, whimsical prose studded with startling formulations. For example: "Thieves respect property. They ...

The Power of Unreasonable People How Social Entrepreneurs Create Markets that Change the World, John Elkington, Pamela Hartigan, 2008, Business & Economics, 242 pages. The playwright George Bernard Shaw once said "The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore ...
Filling and wrapping three-dimensional measurement, Glenda Lappan, Michigan State University, 2002, Geometry, 158 pages.