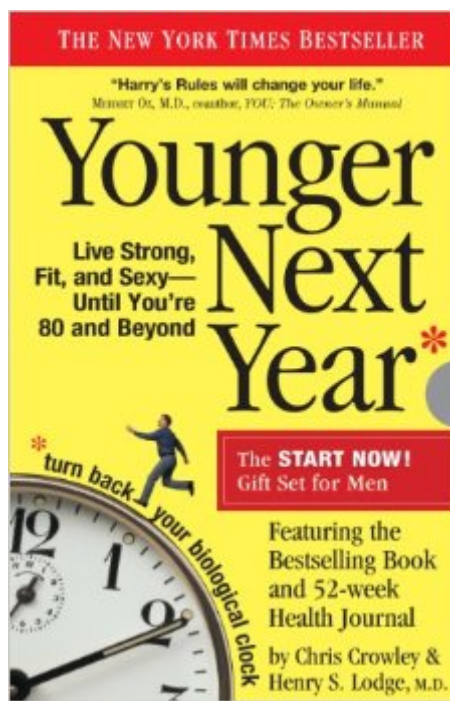


The book was found

Younger Next Year Gift Set For Men



Synopsis

The gift to give others. The gift to give yourself. The gift that combines a bestselling program for becoming younger and healthier with a full-fledged 52-week journal that makes it easier to change your life, bringing planning, record-keeping, and motivation to the equation. For gym-goers who haven't yet bought the book, for the fitness-minded, for husbands and wives making a commitment to one another—for anyone looking to turn back the biological clock and live fit, strong, and sexy into their 80s and beyond—it's exactly the right gift. Younger Next Year: The Book & Journal Gift Set for Men combines The New York Times bestseller Younger Next Year with an edition of the Younger Next Year Journal. The book is a brain-rattling, irresistible, hilarious. If you're up for it . . . [it] could change your life. The Washington Post. It shows how to become functionally younger through a program of exercise, diet, and emotional connection, and continue to live to the end of your years with newfound vitality and pleasure. The fill-in journal is the right companion to keep track of the Younger Next Year program.

Book Information

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Average Customer Review: 4.4 out of 5 stars See all reviews (1,169 customer reviews)

Best Sellers Rank: #25,595 in Books (See Top 100 in Books) #33 in Books > Health, Fitness & Dieting > Men's Health > General

Customer Reviews

My dad gave me this book a few months ago. He gave it to all of his kids. I took and I kinda laughed, thinking, 'Oh man, why on earth would give me this book...live like you are 50 when you are 80? Yeah, that's gonna be helpful for me now. My dad is in terrific shape and he enjoyed reading the book and I decided to check it out. Yes, the book is geared toward the older population but I was able to take A LOT from it and start using it now. Chris Crowley tackles the book from an older man that is using the tools to look and feel younger and to be healthier. Dr. Lodge discusses why if we do certain things, it will dramatically improve our health and in essence, slow down the aging process

and make our latter years healthier and more enjoyable. There were several areas of discussion that I found very useful: Exercise Now--I am able to continually make excuses about not exercising but they make a great point. Look at exercise as a job that you have to do 6 days a week. Not 3 days a week and not even 5 days a week. You have to do this at least 6 days every week. Its not always easy but it is great advice. Stop the aging process--Your body wants to stay as young as it can and it has been recently with fast food, television, cars, etc. that people don't do things and don't go out and get exercise or walk around or just staying active. The human body has had to work hard for thousands and thousands of years...it is only the past 100 years where our body is not having to work and our bodies hate that. They want to be moving...they want to get worked out but we often inhibit that need by being lazy. Older people--I have seen the differences. My dad is 73 and he is a complete machine.

At the time this book was published (2004), Chris Crowley (one of the co-authors) was a 70 year old retired lawyer. He retired at 56 and became a fitness fanatic and decided to write a book about it with his primary doctor (Henry S. Lodge, M.D.). As a team, Dr. Lodge was to provide the science and Crowley the enthusiasm. Instead, Dr. Lodge provided the pseudo science and Crowley the dogma. Dr. Lodge poses as a polymath scientist. But, he is not. He advances theories without supporting them. Much of the science he conveys is wrong. Quoting on page 43: "Worms and snails run their bodies and nervous systems with the same chemicals and hormones you're using right now as you read these words." This is way off. Worms are hermaphrodites and don't have gender related hormones (estrogen, testosterone). Worms and snails don't have the equivalent of a human brain and lack all related neurotransmitters. Also on page 43, he states: "Salmon have the same basic, physical brain you do." No, they don't. He goes on a clumsy page stating he was just referring to the "reptilian brain" that runs all our auto-pilot systems. Well, that's a very small portion of the human brain. On page 245 he states: "we survived because of our limbic brain, dinosaurs did not..." This is an absurd statement. For the record, dinosaurs lived zillions of years before humans. Dinosaurs were wiped out because a meteorite hit the Earth causing a cataclysmic climate change. Humans would not have survived this catastrophe. On page 112: "we function better... on less sleep when we are fit [exercise a lot everyday]." I doubt that. After intense sport activities you actually need much rest including sleep.

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Anti-aging Tactics
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