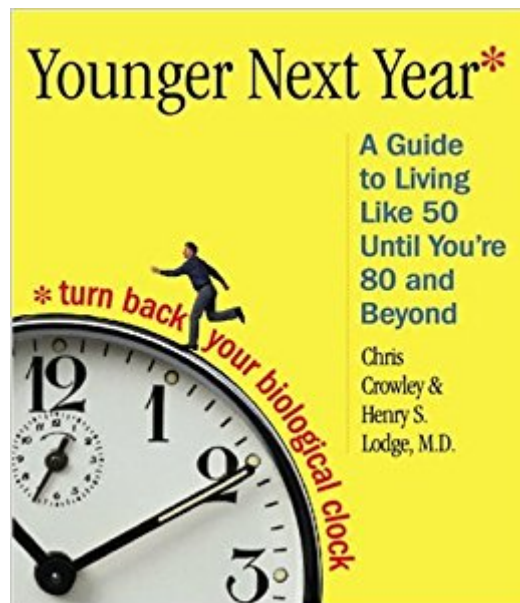




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# Younger Next Year: A Man's Guide To Living Like 50 Until You're 80 And Beyond



## Synopsis

Turn back your biological clock. A breakthrough book for men--as much fun to read as it is persuasive--Younger Next Year draws on the very latest science of aging to show how men 50 or older can become functionally younger every year for the next five to ten years, and continue to live like fifty-year-olds until well into their eighties. To enjoy life and be stronger, healthier, and more alert. To stave off 70% of the normal decay associated with aging (weakness, sore joints, apathy), and to eliminate over 50% of all illness and potential injuries. This is the real thing, a program that will work for anyone who decides to apply himself to "Harry's Rules." Harry is Henry S. Lodge, M.D., a specialist in internal medicine and preventive healthcare. Chris Crowley is Harry's 70-year-old patient who's stronger today (and skiing better) than when he was 40. Together, in alternating chapters that are lively, sometimes outspoken, and always utterly convincing, they spell out Harry's Rules and the science behind them. The rules are deceptively simple: Exercise Six Days a Week. Eat What You Know You Should. Connect to Other People and Commit to Feeling Passionate About Something. The science, simplified and demystified, ranges from the molecular biology of growth and decay to how our bodies and minds evolved (and why they fare so poorly in our sedentary, all-feast no-famine culture). The result is nothing less than a paradigm shift in our view of aging. Welcome to the next third of your life--train for it, and you'll have a ball.

## Book Information

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## Customer Reviews

Believing they have a unique approach for improving men's lives, Crowley, a former litigator, and Lodge, a board-certified internist, collaborated to write this "evolutionary" health program. The

authors base their plan on the idea that instead of looking forward to decades of pain as the body slowly deteriorates, it's possible to live as if you were 50, maybe even younger, for the rest of your life. Yet with the exception of "Harry's First Rule" — exercise at least six days a week — there isn't much that's new or groundbreaking in their agenda. Most recommendations fall under the "common sense" umbrella, though these suggestions may be news to many men, who aren't as steeped in the world of health and fitness as most women are (they may find the chapters dealing with nutrition and biology particularly informative). The authors' method of proffering their philosophy is rather trite, however, and their cavalier demeanor belies the significance of what they have to say. More than one-third of the book is devoted to how and why they came up with this program based on their own lives, with special attention to 70-year-old Crowley's impressive abilities (he says he can ski better now than he could 20 years ago). All told, this manual for healthy living offers sound, if unoriginal, advice with some hackneyed padding.

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"One long, exuberant New Year's resolution." — The New York Times (The New York Times) "One of our highest recommendations so far on growing old gracefully . . . Dr. Lodge, a prominent M.D., focuses on developments in cellular and evolutionary biology. Crowley, his guinea pig, is a firm believer in Dr. Lodge's science and very good at convincing the reader that, if you're a fifty-year-old man, you'd be an idiot not to start following the rules as soon as possible. . . . Should be read avidly by anyone growing older as well as forward-thinking youngsters." — Kirkus Reports (Kirkus Reviews)

"Brain-rattling, irresistible, hilarious. If you're up for it...[this book] could change your life." — The Washington Post (The Washington Post) Brain-rattling, irresistible, hilarious. If you're up for it...[this book] could change your life. The Washington Post (The Washington Post) One long, exuberant New Years resolution. The New York Times (The New York Times) One of our highest recommendations so far on growing old gracefully . . . Dr. Lodge, a prominent M.D., focuses on developments in cellular and evolutionary biology. Crowley, his guinea pig, is a firm believer in Dr. Lodge's science and very good at convincing the reader that, if you're a fifty-year-old man, you'd be an idiot not to start following the rules as soon as possible. . . . Should be read avidly by anyone growing older as well as forward-thinking youngsters. Kirkus Reports (Kirkus Reviews)

If you're getting along in years and think that it's ordained that you will decline, lose vitality, and

become frail - READ THIS BOOK!! I did, at my cardiologist's suggestion. Changed my life - and my wife's. We're early 60s and getting strong and fit. We're exercising, hiking, doing regular stretching - and loving it. Feel better than we have in a very long time. Everything is easier. Energy is increased. Mental function is better. Fitness is critical as we age. Fitness is freedom. Fitness is dignity. Fitness is fun. We expect to be strong and active at least into our 80s. Unless we get hit by a truck.

The reason for only three stars: Don't like the journal. Not enough room to comfortably write, and be able to read, all that I want to record. However, the book by itself gets 10 stars! Great information based on research. Very motivational. It has changed my life!!

This book is a wake up call for all of us over 60. Buy it, read it, and live it. Besides being informational, many times it caught me by surprise - leaving me laughing out loud. My wife started getting tired of the many times I made her stop what she was doing to read a passage I selected so she could laugh along with me. Sadly I've loaned this book out so many times, I forget who I gave it to last and it hasn't come back yet.

This is the best book you'll ever read if you want to stay fit after 60. They tell it like it is and really make sense. Exercise is something we all hate, but these authors explain why you must without mincing words. Too many docs see you, give you a script & say see you next year. They never talk exercise & nutrition. You exercise & can't figure why you don't loose weight? Walk every day? This is the last book you'll need for all those answers written in layman's language; we are rotting as we age. To combat the urge to become a couch potato follow these guys' lead and guess what, you can relieve yourself of all that joint paint too...well most of it. Just do it.

This book is full of common sense and science, written with humor and awareness that most of us will not manage the ultimate. But that said, my husband and I have modified our eating, drinking and ramped up our exercise habits and the change is remarkable. In the last 7 months we have lost 38 and 24 lbs respectively. My waist(I now have one) is 7 1/2 in. smaller, my husband's 11 inches. Moreover we are more energetic, our blood pressure is way down, and cholesterol levels continue to drop and yes, thinner is sexier! We were not obese and knew how to eat wisely but we getting lazy and not making health a priority, using age(I'm 66, my husband 69) as an excuse for inactivity and an expanding waistline. The key for us is consistency and daily exercise, we hit the gym 5 days a week. When this started I had never been on a treadmill before, never used weights. We still eat

well,way smaller portions, have wine etc, but the book is a great motivator and it works. I still refer to it and reread sections. I have passed it along to many friends. I feel more optimistic about the quality of my life as I grow older and stronger!

Bought this for my recently retired husband. He has enjoyed the book immensely and from his feedback, the book appears to have sound information on ways to maintain and improve health and wellness. It was recommended to him by a medical professional and seems to have been a great purchase.

If you are anywhere within the "middle ages" (40-60) READ THIS BOOK. An enjoyable read (if you're willing to accept the idea that getting off your lazy ass and getting a little exercise is what the human body was designed for) and full of solid, medically sound, advice. And it's never too late to start. I've given this book to a number of my friends and relatives in their 50s and 60s, and they've all made some level of changes to their diets and activity levels.

It's ok. The entire book could have been condensed into 4 paragraphs. Work out 6 days a week and eat less junk. I was hoping for a whole lot more info.

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