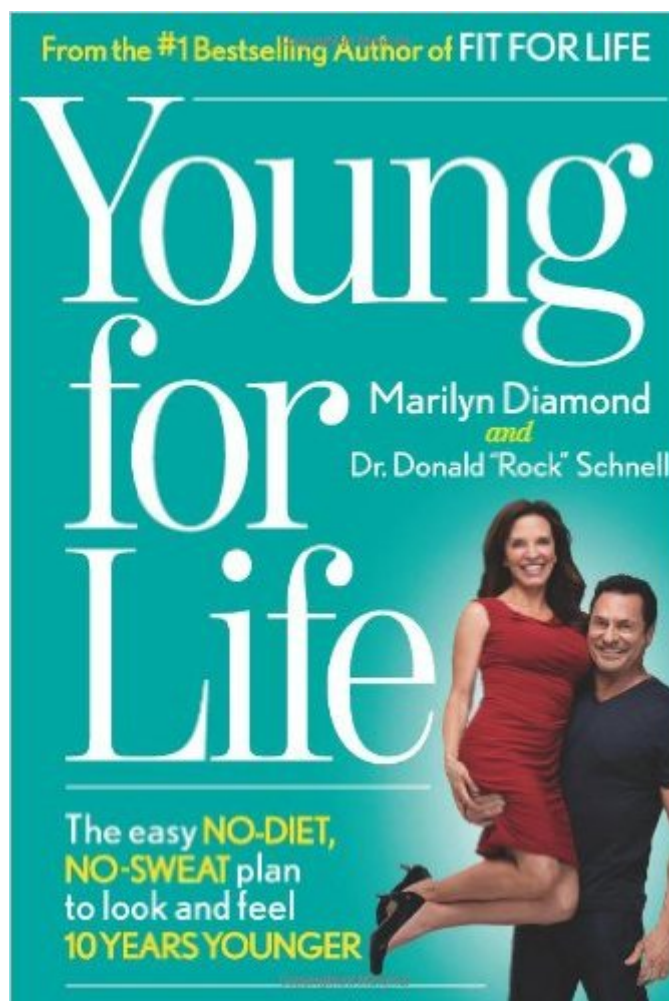


The book was found

Young For Life: The Easy No-Diet, No-Sweat Plan To Look And Feel 10 Years Younger



Synopsis

One hundred and seventy millions Americans are obese. Thirty million are "skinny fat," not outwardly big but inwardly nutrition deficient. The authors of this book, both staunch vegans for decades, were among the "skinny fat." After witnessing accelerated aging, Marilyn Diamond and Dr. Donald Schnell transformed their health through a radical lifestyle overhaul that most people over 40 will find easy and intuitive. *Young for Life* begins with the premise that our bodies are miraculous machines that have the potential for life-long vitality, sexuality, and youthfulness, and then shows how to reverse the signs aging through three key life-changing practices: - Whole Food nutrition for vital nutrients that combat genetic aging- Convenience exercise-6-second techniques of muscle contraction that are the foundation of shaping sexy muscle anytime, anywhere- Disease-prevention-fighting nutrient deficiency with micronutrient supplements

Book Information

Hardcover: 352 pages

Publisher: Rodale Books; 1 edition (April 2, 2013)

Language: English

ISBN-10: 1609615425

ISBN-13: 978-1609615420

Product Dimensions: 6.4 x 1.1 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (82 customer reviews)

Best Sellers Rank: #184,445 in Books (See Top 100 in Books) #25 in [Books > Health, Fitness & Dieting > Aging > Beauty, Grooming & Style](#) #30 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genetic](#) #33 in [Books > Health, Fitness & Dieting > Aging > Diets & Nutrition](#)

Customer Reviews

I gave it three stars, because I liked some of it, but it was not as balanced of an approach as I was hoping for, and there are parts of it I feel are a bit extreme. I was anxious to receive this book and get the latest word is from someone who has been at the forefront of the health/fitness movement and has had years of personal experience. I read *Fit For Life* nearly 20 years ago and while the principles seemed sound (no other species consumes milk after it is weaned, increase fruit/veg/grains, diet/lifestyle as a means to stay healthy rather than damaging your body and turning to medication to survive) I did struggle with its complete denigration of the dairy, meat and medical

industries. I found it difficult to adhere to strictly for a long period of time and felt like a "failure" if I went off it even momentarily and had a piece of pizza or apple pie. I was a vegetarian or near vegetarian for a while and ended up with Chronic Fatigue, Fibromyalgia and a weakened immune system. My doctor told me to eat protein and meat, which immediately took away my brain fog and made me feel much stronger! I gave up on vegetarianism/heavy fruit consumption and went back to my SAD (Standard American Diet), trying to do regular exercise and cut portions, and emphasize better quality food. That seemed to work best for me, rather than combining at every meal or eating only fruit in the morning. Later, I liked Marilyn's relaxed approach in Fitonics, and felt it was a more balanced way to look at diet, although I can see how it was tough for some people to follow because it was not a stringent, step-by-step directive. I received this book two days ago and have read all of it.

[Download to continue reading...](#)

Young For Life: The Easy No-Diet, No-Sweat Plan to Look and Feel 10 Years Younger HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Younger You: Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger Ten Years Younger: The Amazing Ten Week Plan to Look Better, Feel Better, and Turn Back the Clock Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Look Younger: A Proven Anti-Aging Guide For Looking 10 Years Younger: Fast And Effortless Anti-aging Tactics Looking Younger: Makeovers That Make You Look as Young as You Feel Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Posture, Get It Straight! Look Ten Years Younger, Ten Pounds Thinner and Feel Better Than Ever Turn Back Your Age Clock: Look and Feel 20 Years Younger in Only 8 Weeks Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) How Not to Look Old: Fast and Effortless Ways to Look 10 Years Younger, 10 Pounds Lighter, 10 Times Better Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2

Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet Book Book 1) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes,ketogenic plan)

[Dmca](#)