



## Aging Strong with Grace (Paperback)

By Samantha Claire

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. THE SECRET TO AGING WITH GRACE AND POISE Are you feeling a little down because you think you re getting too old? You don t have to. Get a hold on this aging thing, see it from the right perspective and live life to the the fullest! It s all a matter of installing the right software so to speak, or mindsets that should let you appreciate the beauty of life, even at this point. On this book, you ll learn: The Aging processThe human mortalityDifferent theories about agingThe link between sleep and agingFactors that promote healthy agingDealing with age-related diseasesThe link between different moods and human agingViewing aging on the brighter sideDigging deep about human agingPostponing agingThe recipe for longevityAging is not a diseaseDeath TheoryThe mechanism of agingThe relation of stress and human agingAging symptomsCell agingPreparing for the changesStaying active in your golden yearsSetting realistic goals for older peopleGrowing old and being optimisticOlder people and supportThe process of aging and finding a new environmentHuman aging and health-related diseasesHow the process of aging affects the skinDetermining the nutrients required for older...



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