



## You re Never to Young to Defy Aging (Paperback)

By Pat Flury

Green Ivy, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Get up! Get moving! Have fun, and add years to your life! The clock stops for no one. You re Never Too Young to Defy Aging is the road map to longevity, but more importantly it focuses on quality of life in pursuit of longevity. Here is the toolbox comprised of things you must do today to enjoy a better quality of life tomorrow--and to live well as you age; The value of sleep, laughter, volunteering, maintaining a healthy brain, dealing with stress, and other age-defying lifestyle choices important to a purposeful and joyous life. A reminder that we remain who we are at any age and no matter what the mirror sees, the inspiring and motivational You re Never Too Young to Defy Aging is all about aging well--with grace, good health, and spirit.



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