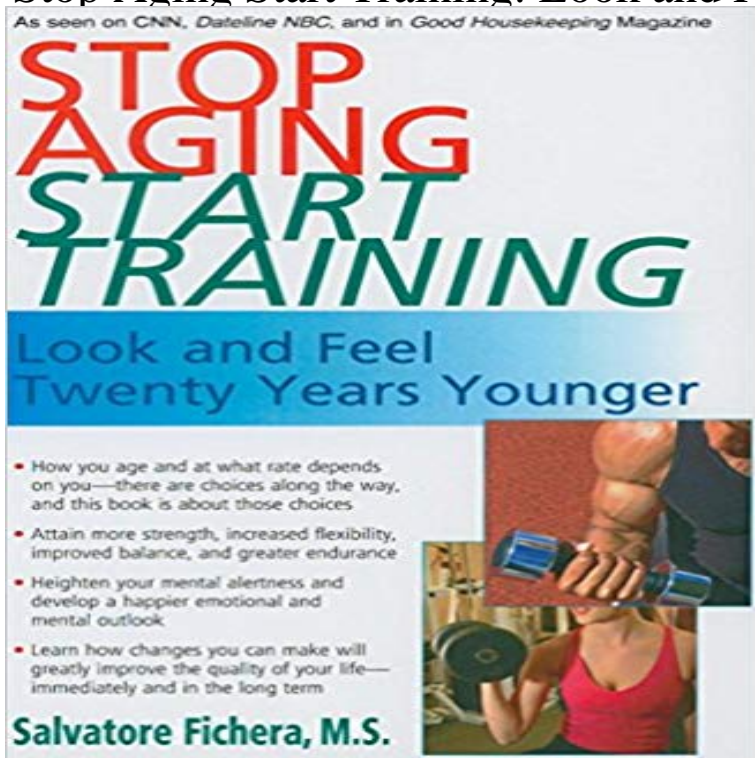


# Stop Aging Start Training: Look and Feel Twenty Years Younger



This book is for anyone who has begun to notice his or her body is aging and is interested in living a longer, stronger, happier life. It utilizes the three most important components of exercise - variety, proper technique, and intensity - to show followers of the program solid results, beginning in as little as four weeks if they stick with the clearly written, easy-to-implement fitness and nutritional guidelines the book contains. The back of the book contains a glossary, resources list, and a reference section. Exercises are accompanied by detailed instructions, and photographs.

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