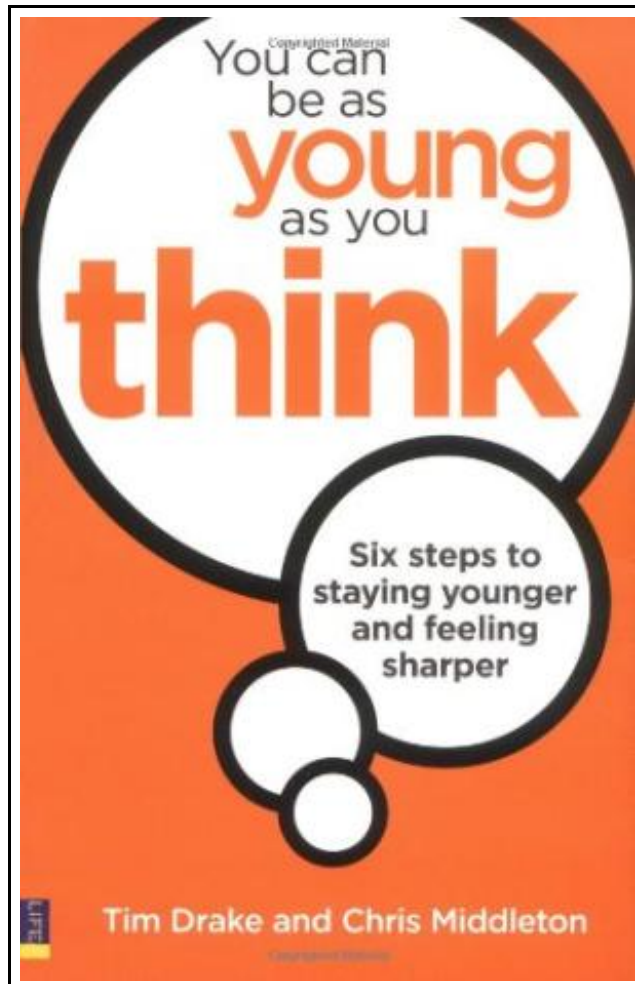


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Reviews

The publication is easy in read through preferable to fully grasp. It is writter in simple phrases instead of hard to understand. You will not sense monotony at at any moment of your respective time (that's what catalogs are for concerning if you request me).

(Kevin Bergstrom Sr.)

YOU CAN BE AS YOUNG AS YOU THINK: SIX STEPS TO STAYING YOUNGER AND FEELING SHARPER



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Pearson Education Limited, United Kingdom, 2009. Paperback. Book Condition: New. 218 x 136 mm. Language: English . Brand New Book. Do you have an old brain or a young brain? Think carefully, because how you answer this important question could be one of the most significant predictors of how well you ll live the rest of your life. In this fast-moving, fast-changing world, it is important that we remain vital, relevant and useful. Growing old gracefully, where physically and mentally we quietly fade into obscurity, is no longer an option and the expectation that we will stay younger for longer has never been greater. A young brain is the antidote to ageing and You Can Be As Young As You Think shows you exactly you how you can get one. Through six easy-to-follow and life-changing steps, you ll find out that ageing is all in the mind and discover how, by developing a younger brain, you can live a more fulfilled, rewarding, successful and happy life. The benefits of living your life with a young brain are vast. In your personal life you ll have more fun, be more adventurous and be more excited. You ll laugh more, get on better with your family and strangers will more easily become friends. You ll be more interested and interesting, embrace new technology and feel better connected to popular culture and the modern world. In your professional life you ll be more creative, more responsive, and better at managing change. You ll be recognised as someone who s fresh, vital, full of bright ideas and always thinking one step ahead. You ll be more dynamic, more confident, more ambitious, a better team player and stand out as an innovator who s more willing to take risks. Whilst many of us are agonising...



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