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Anti-Aging Habits: 137 smart and sassy ways to add years to your life and life to your years

Filomena D. Warihay

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Anti-Aging Habits: 137 Smart and Sassy Ways to add years to your life and life to your years The author of Anti-Aging Habits shares her personal experience showing that you can form new life-extending and life-enhancing habits in just 21 days. She has spent the past two years conducting research and working with geriatric specialists to validate what she has learned and applied. Her secrets are yours in the pages of the Anti-Aging Habits - a powerful, practical you-can- do-it, how-to-do-it guide for anyone who wants to do everything possible to ensure both longevity and good health. Unlike medical tomes or research-oriented reports, Anti-Aging Habits is a smart, savvy and sassy guide to happy, healthy, hardy longevity. It is a first-hand account of how to stay youthful, healthy, vibrant and vital by a 77-year-old woman who is youthful, healthy, vibrant and vital. Anti-Aging Habits will lead readers to a heartier, healthier, happier life.

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