



Rejuvenation: Strategies for Living Younger, Longer, and Better

Joe H. Slate

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It doesn't matter if you're 38, 58, or 88?regardless of your current age, you possess the inherent potential to rejuvenate and recreate yourself. *Rejuvenation* presents 45 anti-aging strategies, many of which were developed by the author in a research laboratory setting. These age-defying strategies will empower you to increase the length and quality of your life by protecting and fortifying your own innermost energy system. Using the proven methods in this book, you will:

- Learn eight strategies for thwarting the effects of negative stress
- Energize biological systems and influence brain activity through self-hypnosis
- Follow a seven-day plan designed to initiate an upward growth spiral that counteracts aging and promotes continuous renewal of the mind, body, and spirit

Rejuvenation also includes a CD featuring medications and exercises from the seven-day plan. Activate your internal fountain of youth and look forward to many more years of health and happiness.

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Spent a free the perfect time to be fun activity to perform! A lot of people spent their spare time with their family, or their particular friends. Usually they carrying out activity like watching television, likely to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could possibly be reading a book might be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the reserve untitled Rejuvenation: Strategies for Living Younger, Longer, and Better can be fine book to read. May be it might be best activity to you.

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