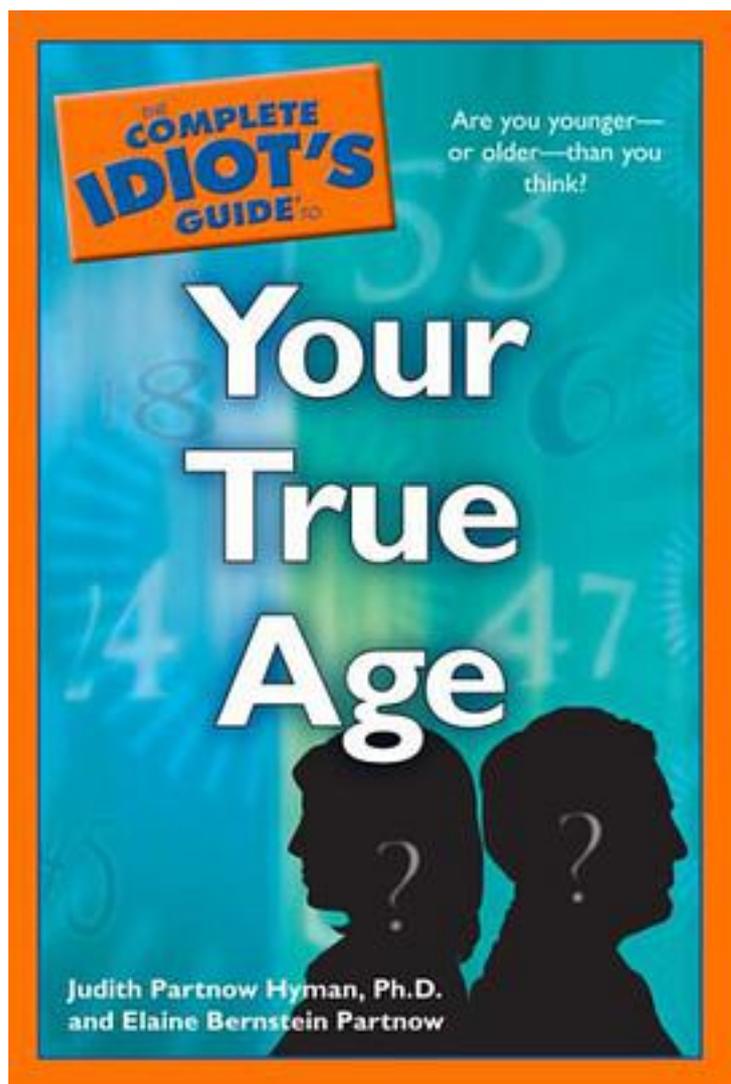


The Complete Idiot's Guide to Your True Age



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Are you younger—or older—than you think?

Nobody wants to acknowledge that dreaded number on their driver's license, yet chronological age is only one aspect of what determines a person's "true age." Just as we all possess multiple intelligences, we also have multiple ages that make up our "true age." Expert authors Partnow and Hyman explain just what factors make up these multiple ages, and provide practical insight on ways to improve the scores in each area.

- Includes easy quizzes to help readers determine their "true age profile"
- Addresses medical, educational, sexual, and familial issues—and many More
- A fun and engaging take on cultivating optimal health and well-being

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