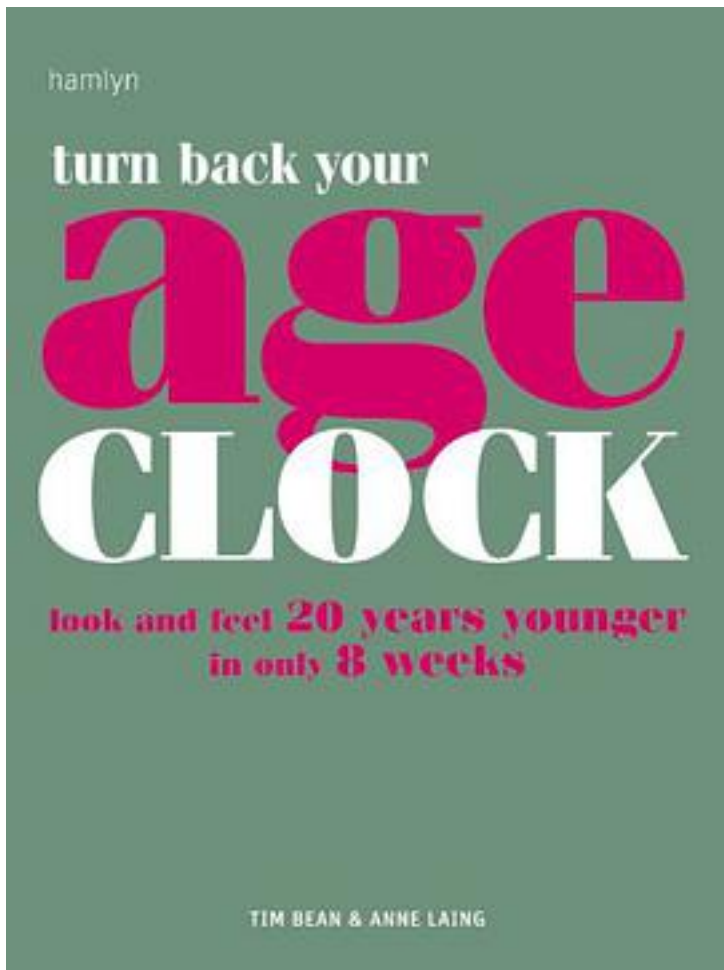


Turn Back Your Age Clock



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著者:Bean, Tim/ Laing, Anne

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Start today, look younger tomorrow and in only 8 weeks knock a staggering 20 years off your biological age! In "Turn Back your Age Clock" leading health and fitness experts

Tim Bean and Anne Laing reveal the secrets of living longer, being healthier and having a fantastic body inside and out. They explain what happens during the ageing process and, once you have determined your biological age by taking a series of simple tests, how to become your own anti-ageing guru with a week-by-week diet and workout plan and easy-to-follow rejuvenating exercise routines. Also included is advice on protecting and caring for your skin, the best anti-ageing superfoods, what to eat and when and how to burn calories when you are not actively exercising. With the help of this book you will look and feel younger, more vibrant and attractive today and every day.

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