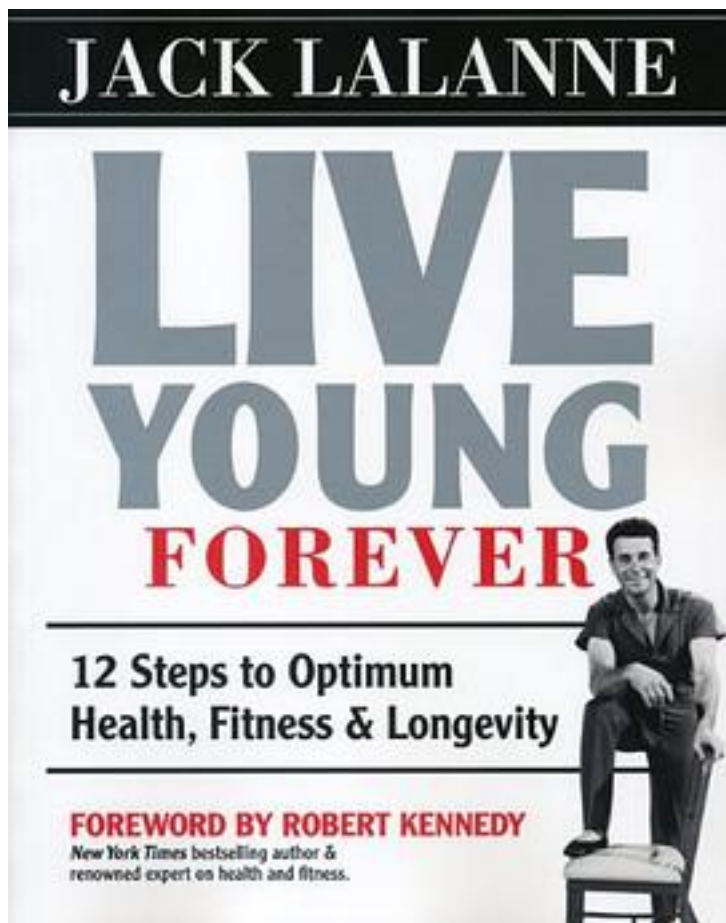


# Live Young Forever



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著者:LaLanne, Jack

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Not only has Jack LaLanne been the figurehead of fitness forever, at an active, strong and healthy 95 years old he has definitively proven that his methods work. In his book Live Young Forever, Jack will teach you: - How he reached 95 years old, still going strong - and how you can too! - The most important foods to help you keep trim and

healthy. - Exercises that will keep you strong, supple and limber. - How his philosophies helped him become a huge success. -How to live a vibrant, motivated, stress-free, sexually active life that will make waking up a joy for decades to come.

作者介绍:

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