



Youthful Old Age: Alternative Lifestyle Choices for Seniors

Victor Finizio Ph.D

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This book gives hope to seniors besieged by the unhealthy physical deterioration often observed in older people. Readers learn that aging holds the opportunity for some of their most physically satisfying years. A totally natural approach is presented for enhancing health, strength, and effective bodily functioning. Throughout, the author presents his approach in achieving satisfying fitness in old age, and shows readers in detail how to work towards achieving similar results for themselves.

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