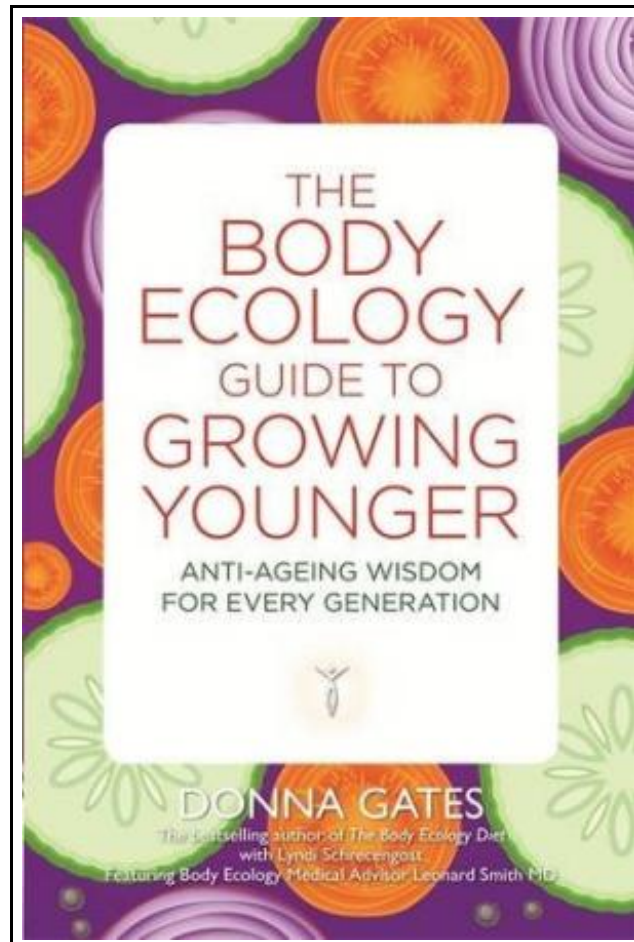


The Body Ecology Guide to Growing Younger: Anti-ageing Wisdom for Every Generation



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Reviews

The very best book i actually study. It is actually writter in easy terms and never hard to understand. Your daily life period will probably be enhance when you total looking over this publication.

(Edna Rolfson)

THE BODY ECOLOGY GUIDE TO GROWING YOUNGER: ANTI-AGEING WISDOM FOR EVERY GENERATION



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Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, The Body Ecology Guide to Growing Younger: Anti-ageing Wisdom for Every Generation, Donna Gates, Lyndi Schrecengost, This book provides a blueprint for restoring a vital friendship with our bodies and, in turn, renewing our bond with the Earth. It shows us how we can live fuller, healthier, more meaningful lives. A fascinating blend of cutting-edge medical information, practical health advice and spiritual wisdom, "The Body Ecology Guide to Growing Younger" is relevant for people of any age. Written by Donna Gates - the originator of Body Ecology, a world-renowned system of healing - this long-awaited book suggests that we don't simply have to age gracefully, we can age with panache. What's Inside this groundbreaking book: anti-ageing remedies that will make you feel and look younger; the missing piece to all traditional diet programs; insight into why we age and how we can prevent it; little-known wellness secrets that address the stresses and pressures of our modern world; ways to apply Body Ecology's seven universal principles to the health challenges associated with aging; and, superfood recommendations for increased energy, vitality, and disease prevention.



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