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## A Doctors Guide to Living Longer Better: How to Thrive Throughout Your Retired Years. Instead of Simply Surviving

By Dr. Andrew Scanameo

Andrew M Scanameo. Paperback. Condition: New. 200 pages. Dimensions: 8.5in. x 5.5in. x 0.5in. Living Longer and Better is a fantastic guide to thriving throughout your retired years (and hopefully before) instead of simply surviving. It escorts you through a paradigm shift in the definition of aging from a number associated with decline to that of a state of mobility, activity and functionality associated with improvement. Yes, even at 94 you can still bike, run and swim and complete a sprint triathlon! Living Longer and Better seeks to change the belief that age equals decline. It will cause people to shift from the subset of the population that is declining to the subset that is getting better with age. This guide will show you how to improve your body, mind, emotions and spiritual state to live longer and better. Dr. Scanameo skillfully combines the principles of anti-aging medicine as well as those of geriatric medicine to really take the aging myth bull by the horns. Its your life. Its time that you direct it, take control of it and truly live in a way that helps you to really thrive. As Dr. Scanameo tells the patients in his clinic: Lets give...



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