

**Younger Next Year: Live Strong, Fit, And Sexy - Until
You're 80 And Beyond By Chris Crowley**

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Chris Crowley is the coauthor of "Younger Next Year" and "Younger Next Year for Women". Until his retirement in 1990, he was a litigator and partner at Davis Polk

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Live strong, fit and sexy until you are 80 and beyond!

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YOUNGER NEXT YEAR* draws on the very latest science of aging to show how men 50 or older can become functionally younger every year for the next five to ten years

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Chris Crowley is Dr. Lodge's 80-year-old patient the relentless drum-beater for YOUNGER NEXT YEAR and the living proof that Harry's Rules work: It "is" possible to

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Younger Next Year for Women: Live Strong, Fit, & Sexy Younger Next Year for Women is the women's version of a popular book written for men that purports to have

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I have been on a journey to better eating habits for a while now. In the past few years, veils of ignorance about food have lifted from my eyes. I ate the way I grew

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Using their recent bestseller "Younger Next Year" as a springboard, authors Crowley and Lodge now offer "Younger Next Year for Women." Obviously, there are different

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