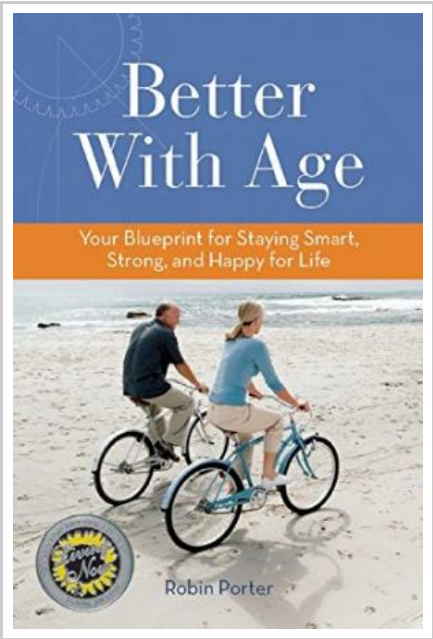



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# Better with Age: Your Blueprint for Staying Smart, Strong, and Happy for Life

By Robin Porter

Spry Publishing LLC. Paperback. Book Condition: new. BRAND NEW, Better with Age: Your Blueprint for Staying Smart, Strong, and Happy for Life, Robin Porter, For centuries, humans have been seeking it--that elusive fountain of youth, a cure for old age. From wrinkle creams and cosmetic surgery, to dietary supplements and hormone therapy, entire industries thrive on our reluctance to grow old. We fear losing our vigor, our social network, our memories, our wealth, yes, even our hair! But suppose up to 75 percent of how long we live and much of how well we age is determined by lifestyle? While scientists disagree on how to prevent the effects of aging, most all agree that you can significantly influence how well you age. In Better with Age: Your Blueprint for Staying Smart, Strong, and Happy for Life, author Robin Porter provides strategies to start as early as your fifties or sixties to empower yourself to live an active, engaged later life. Whether you are planning for your retirement or helping to identify the best resources for your aging parents, this book will help make those senior years the happiest, healthiest possible.

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