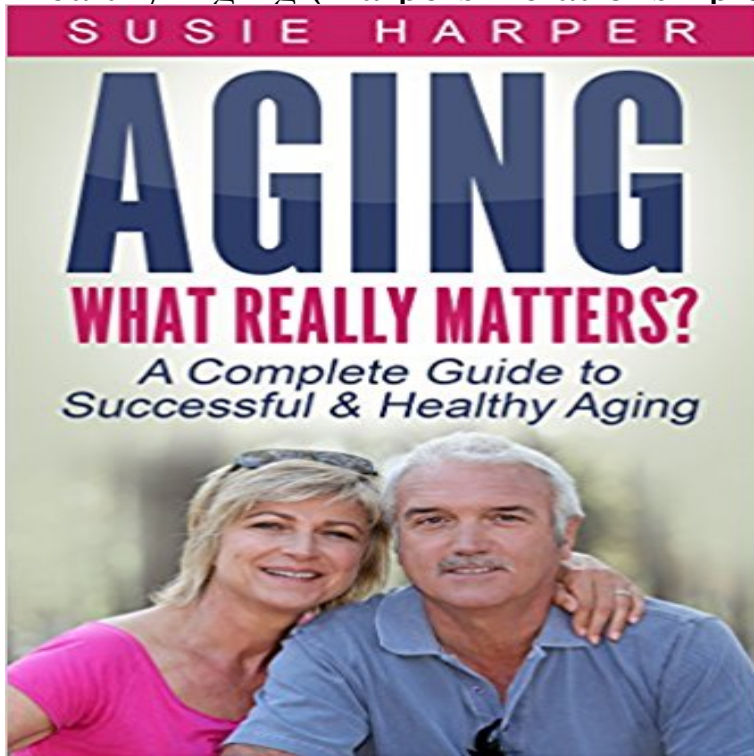


Aging: What Really Matters?: A Complete Guide to Successful & Healthy Aging (Harpers Relationship & Health Guides Book 1)



What is so important about Aging and what really matters? Maybe youâ€™re not concerned about age at the moment but you know aging is just around the corner! Or maybe it has started to affect your day to day life and you desperately need some help and advice to make things more positive? Susie Harper has been through this phase of life with & without a partner and experienced many of the things which you might be going through right now! She also spent most of her adult working life in the care professions and has proven time and again that she has the capacity to get right to the heart of the matter in a helpful and loving way This â€™Complete Guide to Successful & Healthy Aging â€™ discusses the different hardships the process of aging brings along and gives you proven and useful examples about how to overcome them. With this book you will learn about:

- â€™ Focus on â€™what?â€™ not â€™how?â€™
- â€™ Donâ€™t let go of your dreams!
- â€™ Having patience and persistence for successful aging
- â€™ How to be resilient when faced with limitations?
- â€™ Ways to prevent aging
- â€™ Power foods and healthy aging
- â€™ Skin secrets and aging with grace
- â€™ The power of sleep and relaxation
- â€™ Physical activity
- â€™ Dental care
- â€™ Aging and Intimacy
- â€™ How to be happy and avoid the fear of aging?
- â€™ Avoid your â€™comfort zoneâ€™ â€™ the advantages of being uncomfortable!
- â€™ How to cope with being single and aging matters?
- â€™ Cupidâ€™s arrow,

young love, slightly older body!
â€¢ New love can make you young again
â€¢ Youth - what money can & cannot buy?
â€¢ Sciences take on aging
â€¢ Hormones â€¢ Cortisol
â€¢ Inflammation â€¢ Positive aging and supplements
And much much more.. . Susie Harper writes in a style which is easy to follow and understand and youâ€™ll be able to put into practise everything in this book whenever you want. If you want a great guide in Healthy Aging, Successful Aging or just want to know about Aging Well, then this is the book for you.

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