



# **The Anti-Aging Guide To Aging Backwards: Learn To Age Well, Age Gracefully And Make It The Happiest Time Of Your Life (Anti-Aging Secrets Book 1)**

*Michele Gilbert*

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## **How Would You Like To Stop The Aging Process...Or Age Backwards!**

### **What you will discover in this book....**

Proven steps and strategies on how to slow down your biological clock and even turn it back.

Maybe you've already had 'that' moment, the one where you looked in the mirror and for a second you didn't know who that person was.

**We've all had that moment, and they happen more often after forty. In your head you are young and blithe, but something unnerving is happening to the outer casket. Sometimes it is happening ahead of schedule, the alarming phenomenon of premature aging.**

We all want to look, act and feel good for our age. We want to look younger than our friends. We'd like people to be surprised (in a good way) when they learn how old we actually are!

The minute I find out how to wave a wand and make it happen overnight, I'll tell you. I promise. But this book will tell you how turn the clock back on your appearance, slow the aging process down, and enjoy good looks and vitality in the future; effectively, age backwards

## What you will learn...And how to slow things down..

- Introduction

Introducing the concept of aging backwards:

CHAPTER 1: The causes of accelerated aging

CHAPTER 2: Slow down biological aging

CHAPTER 3: Looking younger

CHAPTER 4: Eating for health and energy

CHAPTER 5: Becoming more flexible through exercise

CHAPTER 6: Useful additives and herbal supplements

Conclusion – A sound mind in a healthy body

- Much, much more!

**Scroll back up to the top and click the orange "Buy It Now" button and Download your copy today!**

Turn back the clock...and make this the happiest time of your life!

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