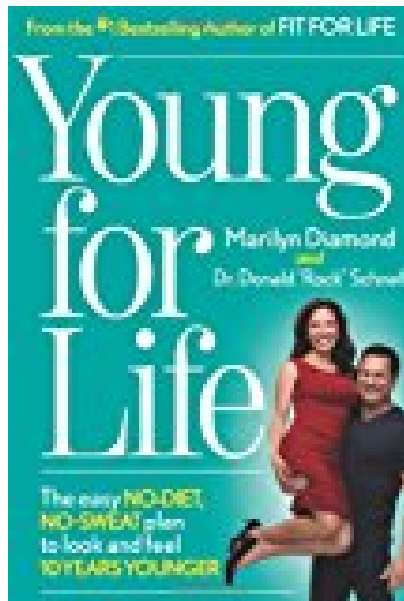


# Young For Life The Easy No-Diet No-Sweat Plan to Look and Feel 10 Years Younger

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## BOOK DETAILS

- Author : Marilyn Diamond
- Pages : 352 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1609615425

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## BOOK SYNOPSIS

One hundred and seventy million Americans are obese. Thirty million are "skinny fat," not outwardly big but inwardly nutrition deficient in whom fat has infiltrated skeletal muscle. The authors of this book, both staunch vegans for decades, were among the "skinny fat." After witnessing the decline of their health, Marilyn Diamond and Dr. Donald Schnell transformed their lives through a radical lifestyle overhaul that that most people over 40 will find easy and even intuitive. Young for Life helps readers reverse the signs of aging. It begins with the premise that our bodies are miraculous machines that have the potential for life-long vitality, sexuality, muscularity, and youthfulness if we only nourished it properly and eliminated habits that accelerate aging. Young for Life focuses on three key life-changing practices: Whole food nutrition--re-introducing animal proteins and fats for vital nutrients that combat genetic aging Convenience exercise--learning 6-second techniques of muscle contraction that are the foundation of shaping sexy muscle anytime, anywhere Disease-prevention through micronutrients--fighting nutrient deficiency with micronutrient supplements

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