



## Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day (Hardback)

By Miranda Esmonde-White

HarperCollins Publishers Inc, United States, 2014. Hardback. Condition: New. Language: English . Brand New Book. PBS fitness personality on Classical Stretch and creator of the fitness phenomenon Essentrics, Miranda Esmonde-White offers an eye-opening guide to anti-aging that provides essential tools to help anyone turn back the clock and look and feel younger no matter what age. Miranda Esmonde-White trains everyone from prima ballerinas to professional hockey players to Cerebral palsy patients: what do they all have in common? All of these people are hoping to heal their bodies, prevent further injury, and move optimally and without pain. In fact, they have the same goals as any of us who are trying to stay young, fit, and reverse the hands of time. Because the aging of our bodies occurs in our cells, it must be repaired there too—that's where Miranda's highly effective and sought-after techniques come in. The body is programmed to self-destruct as we age, but the speed at which it self-destructs is up to us. Recent scientific studies have proven this fact! In *Aging Backwards*, Miranda offers a groundbreaking guide on how to maintain and repair our cells, through scientifically designed workouts. Healthy cells prevent joint pain,...



**READ ONLINE**

[ 7.87 MB ]

### Reviews

*This composed pdf is great. This can be for all those who statted that there was not a well worth looking at. I am just happy to explain how this is actually the finest pdf we have go through inside my own daily life and could be the greatest publication for ever.*

-- **Conrad Heaney**

*I actually started off reading this ebook. It can be full of knowledge and wisdom I discovered this pdf from my i and dad suggested this pdf to understand.*

-- **Marilyne Haag**