



Regaining The Power Of Youth At Any Age

Startling New Evidence From The Doctor Who

Brought Us *aerobics, Controlling Cholesterol And The Antioxidant Revolution*

Kenneth H. Cooper

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Dr. Kenneth H. Cooper, an inspiring example of "age reversal," now shares his own program for revitalizing the body, mind, and spirit with the more than 78 million baby boomers searching for the fountain of youth. "Age reversal" is defined as the ability to restore energy, vitality, and health while actually reversing some of the bothersome side effects of growing older.



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