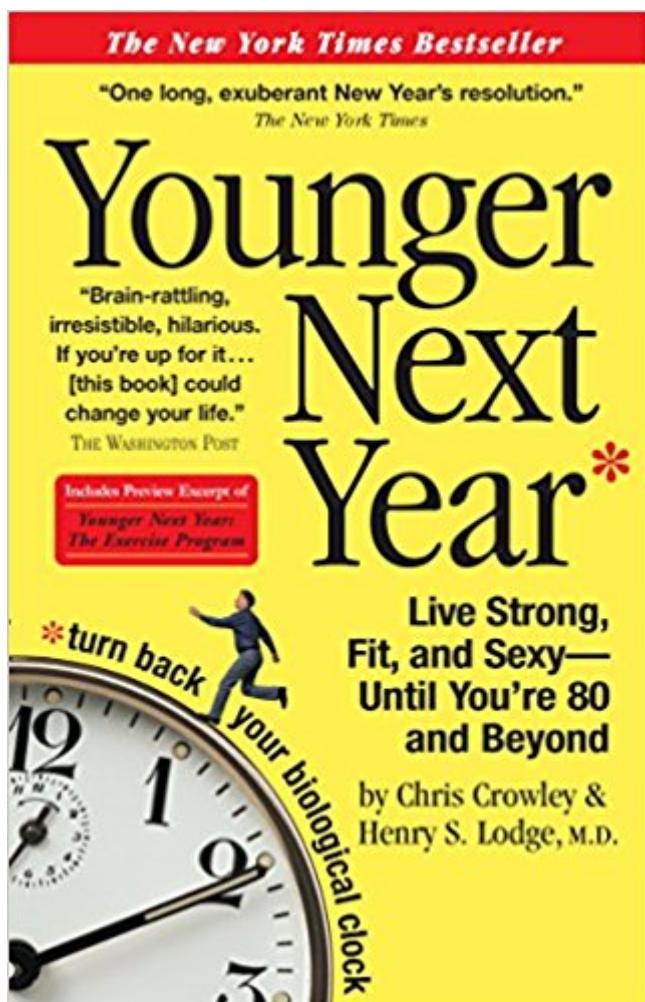


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# Younger Next Year: Live Strong, Fit, And Sexy - Until You're 80 And Beyond



## Synopsis

Announcing the paperback edition of *Younger Next Year*, the *New York Times*, *USA Today*, *Wall Street Journal*, and *Publishers Weekly* bestseller, co-written by one of the country's most prominent internists, Dr. Henry "Harry" Lodge, and his star patient, the 73-year-old Chris Crowley. These are the books that show us how to turn back our biological clocks—how to put off 70% of the normal problems of aging (weakness, sore joints, bad balance) and eliminate 50% of serious illness and injury. The key to the program is found in Harry's Rules: Exercise six days a week. Don't eat crap. Connect and commit to others. There are seven rules all together, based on the latest findings in cell physiology, evolutionary biology, anthropology, and experimental psychology. Dr. Lodge explains how and why they work—and Chris Crowley, who is living proof of their effectiveness (skiing better today, for example, than he did twenty years ago), gives the just-as-essential motivation. Both men and women can become functionally younger every year for the next five to ten years, then continue to live with newfound vitality and pleasure deep into our 80s and beyond. "I have lost 50 pounds over the last nine months by eating less, moving more, and changing the way I think. I am 62 and look better and feel better and have more energy than in the last 15 years."—Ron T. "I read the wisdom put forth by Chris and Harry . . . [and] my next physical blew my doctor away. I am 74 and in better shape than when I was 50."—Jack S. "Not a week goes by that I do not utter a silent prayer of thanks that *Younger Next Year* came into my life. You guys are saving the world one body at a time."—T. G.

## Book Information

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## Customer Reviews

Believing they have a unique approach for improving men's lives, Crowley, a former litigator, and Lodge, a board-certified internist, collaborated to write this "evolutionary" health program. The authors base their plan on the idea that instead of looking forward to decades of pain as the body slowly deteriorates, it's possible to live as if you were 50, maybe even younger, for the rest of your life. Yet with the exception of "Harry's First Rule" — exercise at least six days a week — there isn't much that's new or groundbreaking in their agenda. Most recommendations fall under the "common sense" umbrella, though these suggestions may be news to many men, who aren't as steeped in the world of health and fitness as most women are (they may find the chapters dealing with nutrition and biology particularly informative). The authors' method of proffering their philosophy is rather trite, however, and their cavalier demeanor belies the significance of what they have to say. More than one-third of the book is devoted to how and why they came up with this program based on their own lives, with special attention to 70-year-old Crowley's impressive abilities (he says he can ski better now than he could 20 years ago). All told, this manual for healthy living offers sound, if unoriginal, advice with some hackneyed padding.

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"An extraordinary book . . . it is easy to read, the science is right, and if one follows Henry Lodge's and Chris Crowley's recommendations, both mental and physical aging can be delayed. I wish my patients would follow their advice." • K. Craig Kent, M.D., chief of vascular surgery, New York-Presbyterian Hospital

"Harry's Rules will change your life." • Memet Oz, M.D., coauthor, *YOU: The Owner's Manual*

"One long, exuberant New Year's resolution." • The New York Times

"Brain-rattling, irresistible, hilarious. If you're up for it [this book] could change your life." • The Washington Post

"A high-octane approach to keeping lean, fit, and active as we age." • Peter Scardino, M.D., Department of Urology, Memorial Sloan-Kettering Cancer Center

"One of our highest recommendations so far on growing old gracefully . . . Dr. Lodge, a prominent M.D., focuses on developments in cellular and evolutionary biology. Crowley, his guinea pig, is a firm believer in Dr. Lodge's science and very good at convincing the reader that, if you're a fifty-year-old man, you'd be an idiot not to start following the rules as soon as possible. . . . Should be read avidly by anyone growing older as well as forward-thinking youngsters." • Kirkus Reports

"An extraordinary book . . . it is easy to read, the science is right,

and if one follows Henry Lodge's and Chris Crowley's recommendations, both mental and physical aging can be delayed. I wish my patients would follow their advice.

K. Craig Kent, M.D., chief of vascular surgery, New York-Presbyterian Hospital (The New York Times)

If you're getting along in years and think that it's ordained that you will decline, lose vitality, and become frail - READ THIS BOOK!! I did, at my cardiologist's suggestion. Changed my life - and my wife's. We're early 60s and getting strong and fit. We're exercising, hiking, doing regular stretching - and loving it. Feel better than we have in a very long time. Everything is easier. Energy is increased. Mental function is better. Fitness is critical as we age. Fitness is freedom. Fitness is dignity. Fitness is fun. We expect to be strong and active at least into our 80s. Unless we get hit by a truck.

The reason for only three stars: Don't like the journal. Not enough room to comfortably write, and be able to read, all that I want to record. However, the book by itself gets 10 stars! Great information based on research. Very motivational. It has changed my life!!

This book is a wake up call for all of us over 60. Buy it, read it, and live it. Besides being informational, many times it caught me by surprise - leaving me laughing out loud. My wife started getting tired of the many times I made her stop what she was doing to read a passage I selected so she could laugh along with me. Sadly I've loaned this book out so many times, I forget who I gave it to last and it hasn't come back yet.

This is the best book you'll ever read if you want to stay fit after 60. They tell it like it is and really make sense. Exercise is something we all hate, but these authors explain why you must without mincing words. Too many docs see you, give you a script & say see you next year. They never talk exercise & nutrition. You exercise & can't figure why you don't lose weight? Walk every day? This is the last book you'll need for all those answers written in layman's language; we are rotting as we age. To combat the urge to become a couch potato follow these guys' lead and guess what, you can relieve yourself of all that joint pain too...well most of it. Just do it.

This book is full of common sense and science, written with humor and awareness that most of us will not manage the ultimate. But that said, my husband and I have modified our eating, drinking and ramped up our exercise habits and the change is remarkable. In the last 7 months we have lost 38

and 24 lbs respectively. My waist(I now have one) is 7 1/2 in. smaller, my husband's 11 inches. Moreover we are more energetic, our blood pressure is way down, and cholesterol levels continue to drop and yes,thinner is sexier! We were not obese and knew how to eat wisely but we getting lazy and not making health a priority, using age(I'm 66, my husband 69) as an excuse for inactivity and an expanding waistline. The key for us is consistency and daily exercise, we hit the gym 5 days a week. When this started I had never been on a treadmill before, never used weights. We still eat well,way smaller portions, have wine etc, but the book is a great motivator and it works. I still refer to it and reread sections. I have passed it along to many friends. I feel more optimistic about the quality of my life as I grow older and stronger!

Bought this for my recently retired husband. He has enjoyed the book immensely and from his feedback, the book appears to have sound information on ways to maintain and improve health and wellness. It was recommended to him by a medical professional and seems to have been a great purchase.

If you are anywhere within the "middle ages" (40-60) READ THIS BOOK. An enjoyable read (if you're willing to accept the idea that getting off your lazy ass and getting a little exercise is what the human body was designed for) and full of solid, medically sound, advice. And it's never too late to start. I've given this book to a number of my friends and relatives in their 50s and 60s, and they've all made some level of changes to their diets and activity levels.

It's ok. The entire book could have been condensed into 4 paragraphs. Work out 6 days a week and eat less junk. I was hoping for a whole lot more info.

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