

## Stop Acting Your Age, Start Living Your Life (Paperback)



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### ***Reviews***

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*(Keshawn Schneider)*

## STOP ACTING YOUR AGE, START LIVING YOUR LIFE (PAPERBACK)



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Createspace, United States, 2012. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Stop Acting Your Age, Start Living Your Life gives the reader a full menu of new opportunities to get a fresh start at life. It s your chance to re-invent yourself and start living life on your own terms. Become an interesting character whose life story reads like an adventure novel. Break out of those tired, worn-out social conventions that confine adults to a passive, isolated existence; sitting on the sofa waiting for the phone to ring, or the Grim Reaper to call. Out with the old-old and in with the new, modern maturity. In other words, STOP ACTING YOUR AGE so you can START LIVING YOUR LIFE. Time to YOUTH N UP, discover the newfound ways to make your life youthful, again. All you need to get started is a new attitude about your potential and life-chances. Follow the author s nine-step, YOUTH N formula to achieve active aging and adventurous retirement. Become a ZOOMER . a boomer with Zip! The YOUTH N UP formula is founded on the author s meta-analysis of research findings in peer-reviewed journals on preventive medicine, psychology, sociology and retirement living. Step-by-step, readers learn what experts have discovered about extending the youthful years of life. Age is just a number, as demonstrated by older people who look, feel and act decades younger than their chronological age. Readers learn the essentials of a total fitness lifestyle such as sound nutrition and dietary habits, brain boosting neurobics, improved body strength, increased energy, growing your social network, connecting to your higher power, achieving retirement-readiness and the pursuit of an AgeVenturous life. Readers are introduced to ZOOMER role-models, profiles of real people, not celebrities who possess...



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