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Being healthy is much more than being physically fit and free from disease. Health is the state of well-being in which all of the components of health -- physical, emotional, social, mental, spiritual, and environmental -- are in balance. To be truly healthy, you must take care of all six components. - p. 11.

MUST WE AGE? A long life in a healthy, vigorous, youthful body has always been one of humanity's greatest dreams. Recent progress in genetic manipulations and calorie-restricted diets in laboratory animals hold forth the promise that someday science will enable us to exert total control over our own biological aging. Nearly all scientists who study the biology of aging agree that we will someday be able to substantially slow down the aging process, extending our productive, youthful lives. Dr. Aubrey de Grey is perhaps the most bullish of all such researchers. As has been reported in media outlets ranging from 60 Minutes to The New York Times, Dr. de Grey believes that the key biomedical technology required to eliminate aging-derived debilitation and death entirely--technology that would not only slow but periodically reverse age-related physiological decay, leaving us biologically young into an indefinite future--is now within reach, in Ending Aging. Dr. de Grey and his research assistant Michael Rae describe the details of this biotechnology. They explain that the aging of the human body, just like the aging of man-made machines, results from an accumulation of various types of damage. As with man-made machines, this damage can periodically be repaired, leading to indefinite extension of the machine's fully functional lifetime, just as is routinely done with classic cars. We already know what types of damage accumulate in the human body, and we are moving rapidly toward the comprehensive development of technologies to remove that damage. By demystifying aging and its postponement for the nonspecialist reader, de Grey and Rae systematically dismantle the fatalist presumption that aging will forever defeat the efforts of medical science.

Lifestyle for a Lifetime reflects, instructs, and is a guidepost for implementing the rewards needed to live a healthy and productive life. The books foundation and pillars are based on the essentials of habit. The book gives a step-by-step instruction on how to reach your ultimate desire to become and remain the person you want to be mentally, physically, and spiritually. The book entails the testimony of three generations lifestyle habits that have had a genuine effect on them. Otis G. Clark has sustained his body to remain fit and healthy at the age of 108. He is on no medications, exercises readily, and travels the world. Star Williams is Miss Oklahoma and top ten is Miss USA. She trains women and men on how to eat, exercise and remain physically fit. Gwyneth Williams utilized the procedures in the book to loose 50 pounds, completed her first half marathon and has kept the weight off because of the new lifestyle patterns detailed in this book. LLT shows you how to power-up and exercise by doing what you like and enjoying doing. There are many mind and body benefits. Read the book and make the connection. Let this be the turning point in your life because life rewards action! The book will help you overcome mental challenges, and manage critical moments. You will be inspired when you receive the direction, instruction and clarification for this new endeavor. Let us implement lifestyles for a lifetime.

Treating the Lifetime Health Effects of Childhood Victimization-- reports on the latest research in both child maltreatment and health psychology/behavioral medicine and concisely outlines five critical pathways by which childhood abuse can negatively impact the health of your adult patients -shows how each variable pertains to adult survivors, and then how it is related to health. Dozens of important studies are detailed and their implications for clinical practice set out clearly. The book focuses on health care settings, where health problems are most likely to surface. Both health care and mental health professionals will find clinical management guidelines of direct, practical use.

James Dodson always felt closest to his father while they were on the links. So it seemed only appropriate when his father learned he had two months to live that they would set off on the golf journey of their dreams to play the most famous courses in the world. Final Rounds takes us to the historic courses of Royal Lytham and Royal Birkdale, to the windswept undulations of Carnoustie, where Hogan played peerlessly in '53, and the legendary St. Andrews, whose hallowed course reveals something of the eternal secret of the game's mysterious allure over pros and hackers alike. Throughout their poignant journey, the Dodsons humorously reminisce and reaffirm their love for each other, as the younger Dodson finds out what it means to have his father also be his best friend. Final Rounds is a book never to be forgotten, a book about fathers and sons, long-held secrets, and the lessons a middle-aged man can still learn from his dad about life, love, and family. Final Rounds is a tribute to a very special game and the fathers and sons who make it so.

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