

**Younger Next Year: Live Strong, Fit, And Sexy - Until
You're 80 And Beyond By Chris Crowley**

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Chris Crowley is the coauthor of "Younger Next Year" and "Younger Next Year for Women". Until his retirement in 1990, he was a litigator and partner at Davis Polk

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Draws on the very latest science of aging to show how men 50 or older can become functionally younger every year for the next five to ten years, and continue to live

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I have been on a journey to better eating habits for a while now. In the past few years, veils of ignorance about food have lifted from my eyes. I ate the way I grew

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