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## Forever Youthful: Healthy Living (Paperback)

By York St John Business School Steve Watson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.REASONS YOU SHOULD CONSIDER ACQUIRING YOUTHFUL FOREVER Does it make sense to live a healthy lifestyle full of good health, action, and fun, rather than a life at half throttle? We live only once; there is no second chance to sort out the mistakes. Life can be beautiful, great, and awesome so don t settle for second best. This information will help you along the way. This is an easy read, written in a conversational style. It looks at the many ways something could go wrong in the body, should one be less than careful how it is taken care of. Life should be lived with an attitude of precaution and not willy-nilly, as is the custom far too often in this day and age. IT WILL BE EASIER THAN YOU THINK with very little extra effort, to live with a little more discretion. It is simply a matter of changing the mindset which is also dealt with in detail in this book. A few examples of what to expect to feed your mind on as you read Forever Youthful...

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