



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

By Chris Crowley, Henry S. Lodge

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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.

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Editorial Review

From Publishers Weekly

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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Review

“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*

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Users Review

From reader reviews:

Alice Hill:

This book untitled *Younger Next Year: Live Strong, Fit, and Sexy - Until You're 80 and Beyond* to be one of several books that will best seller in this year, here is because when you read this publication you can get a lot of benefit in it. You will easily to buy this book in the book retail outlet or you can order it by way of online. The publisher with this book sells the e-book too. It makes you more readily to read this book, because you can read this book in your Touch screen phone. So there is no reason to your account to past this reserve from your list.

Cynthia Sharma:

A lot of people always spent their own free time to vacation or even go to the outside with them household or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. In order to try to find a new activity here is look different you can read some sort of book. It is really fun for you. If you enjoy the book which you read you can spent all day long to reading a book. The book *Younger Next Year: Live Strong, Fit, and Sexy - Until You're 80 and Beyond* it is extremely good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. When you did not have enough space bringing this book you can buy often the e-book. You can m0ore quickly to read this book from the smart phone. The price is not to cover but this book features high quality.

Frank Hudson:

Are you kind of active person, only have 10 as well as 15 minute in your morning to upgrading your mind talent or thinking skill even analytical thinking? Then you have problem with the book as compared to can satisfy your short space of time to read it because all this time you only find book that need more time to be read. *Younger Next Year: Live Strong, Fit, and Sexy - Until You're 80 and Beyond* can be your answer since it can be read by an individual who have those short extra time problems.

Charles Rowe:

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