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(Hardcover) Published January 1st 2005  
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Younger Next Year: A Guide to Living Like 50 Until You're 80 and Beyond Chris Crowley , Henry S. Lodge Doubleday

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Younger Next Year: A Guide to Living

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of 10. “optimism. Lean, fit, happy,  
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Live Strong, Fit, and Sexy-Until You're 80

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and Beyond." While there is still much to learn regarding the science of how our bodies age, and why, Crowley and Lodge take everything we currently believe and translate it into actionable steps you can take to actually slow the aging process.



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