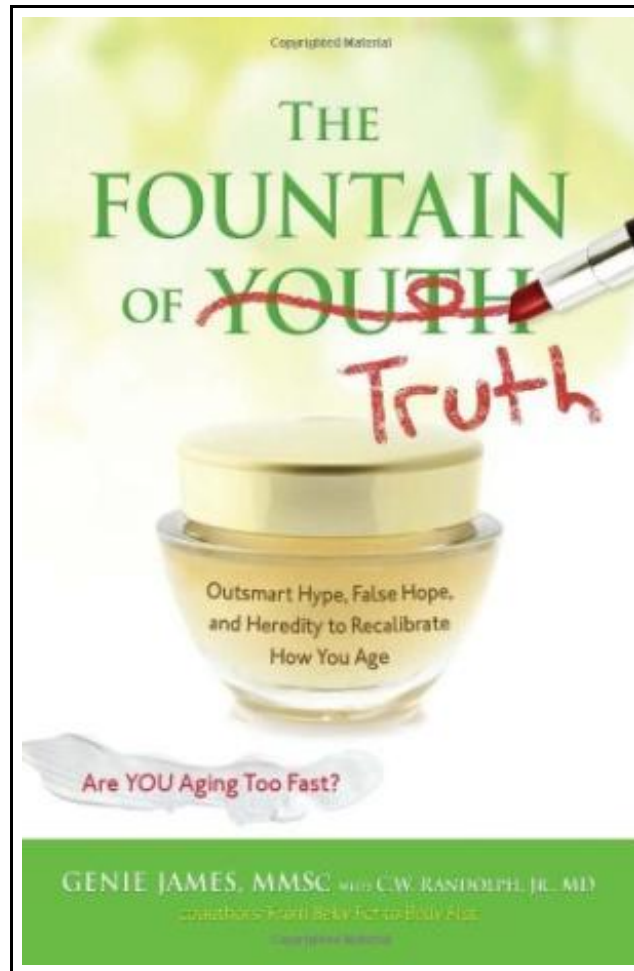


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HCI, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: As a speaker on women's health and the CEO of an internationally recognized anti-aging center of excellence, Genie James knows all too well that many women are spending too much money, time, and worry battling thickening waists, wrinkles, memory loss, and low libido. Besieged by a mountain of anti-aging information and products, James found too much of it was marketing hype written by researchers with financial ties to companies touting the fountain of youth. In this eye-opening read, James doesn't just tell women how to slow the aging process; she offers a revolutionary approach to change the aging process, securing a much healthier, happier, and more vibrant future. Medical miracles really do have the potential to reduce our risk of chronic disease while positively impacting long-term health, sexuality, and longevity, and there are things you can do to override your genes to age slower, happier, and better. But, shift happens, as they say, and there are some things you can't change, and some things that are downright dangerous. James shares the good, the bad, and the ugly. With refreshing candor, case studies, and insights about her personal struggles with gravity and greying, James sifts through the latest science to help women devise a personalized plan to overhaul key areas of health, from hormones, heart and breast health, to weight loss, memory, moods, and their sex lives.



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