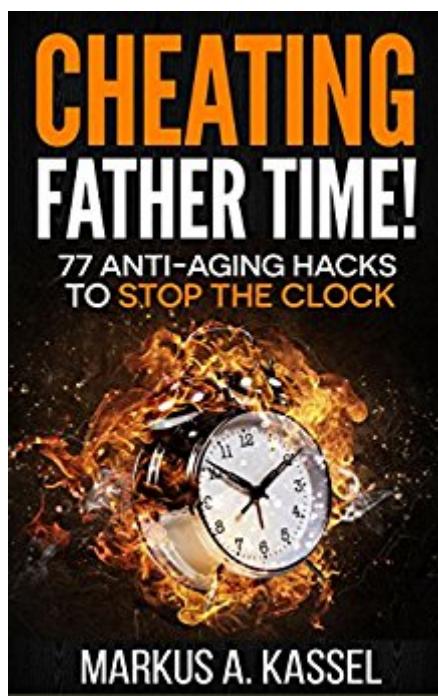


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# **Cheating Father Time: 77 Anti-Aging Hacks To Stop The Clock And Live A Longer, Healthier And More Fulfilling Life: (Build The Habits To Age With Grace And Become Sharper & Stronger By The Year!)**



## Synopsis

Do You Feel like You're Fighting a Losing Battle against Aging? Like there's Nothing You Could Do to Stop Your Body from Turning on You? Every Day, You Ache a Little More and You Get Increasingly Forgetful? What if there was a way for you to not only STOP THE CLOCK but turn it back so as to feel as young as if you were back in your twenties? It doesn't matter how old you are or how desperate you think your situation is, you can regain that energy and drive that made life once so enjoyable. You can get back your youth! "Cheating Father Time" will teach you everything you need to know to reclaim control and live a longer, happier and more fulfilling existence. Learn Why Aging Is a Choice (YOUR Choice to Make!) As years go by, some people give the impression to remain unaffected by time. Their faces barely change and they still look as fit as they did decades earlier. Those people seem to have enough energy to juggle with a hundred different tasks, and they do "always engaged in some activity, discovering new facets of this world and having a blast. Then you have those who seem to age with each passing day. Those who are plagued with health issues and mental confusion. Those who experience difficulties getting around and sometimes even doing the most basic of actions. Whether you end up in one group or the other is NOT a question of chance! 77 Antiaging Hacks to Win Back the Mind & Body of a Young Gun The truth is that people who remain young all share simple habits which are keeping their self running at an optimum level. In this book, you will discover their secret and learn: The only exercises you need to strengthen your body and get rid of any nagging pain or discomfort; A few diet tips to boost your health and energy levels, and say goodbye to the killers that are cancer and cardiovascular disease; How to improve your memory and keep your mind as sharp as a knife; How to have motivation for years and always wake up energized and eager to live life to the full. A Complete Program to Cheat Father Time We will start by analyzing why we age, the different factors that lead to our decline and also the weapons we have at our disposal to FIGHT BACK! You will discover the habits that will allow you to: Remain autonomous throughout your life; Continue to live, love and learn without being hindered by health or mental issues; Pursue your dreams, however crazy they may sound, and set new challenges for you to complete; And much more! Say No to Frailty, Impotence and Senility! You shouldn't accept disease, weakness and pain as normal by-products of getting older! You have your say in how you ultimately end up feeling. So, make a decision today to stop the damage and reclaim that vigor and passion that Father Time stole away! Imagine all the adventures you could live with 10 or more active years to the counter. How richer your experience of this world would be with that extra icing on the cake. You could get to live in another country, meet new people, master a new language. You could take up painting or writing,

or build your legacy and launch a business ala Colonel Sanders. Every day, with your decisions, you choose whether you grow younger or older. So, what will it be? To look and feel better than you have in a long time, scroll up and click the "Buy" button at the top!

## **Book Information**

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## **Customer Reviews**

Our own Superhero, the extremely buff and handsome author Markus A. Kassel, earned degrees in Psychology and in Communications and a black belt in Karate, and is a ring-tested kick boxer. This combination of educational and physical training has allowed him to accumulate a vast wealth of knowledge, not only on the quickest means to attain one's physical peak but also on what it takes to toughen up mentally and develop a sharp, indestructible mind. In his initial REAL LIFE SUPERMAN books his emphasis was on training and muscle and strength building, becoming tougher and deadlier " how to prepare to defend your self fighting! And that is precisely why he subtitled his edition "TMVolume 3: How Overcome Your Limitations, Build Self-Confidence and Grow and Invincible Mind. Now he dares us to go for adventure and action to make us truly well rounded ready for anything Supermen Just as he did with his last books SUPERHERO SIX PACK and

SUPERHERO ARMOR PLATED CHEST he expands his arena of knowledge and coaching and if there is any doubt as to his exercise in this field, the physique of the sculpted hunk on the bio page is Markus himself! From Markusâ™ previous books we have learned he is a pragmatist â“ get right down to the problem, teach the way out of the present state and move into the new enhanced you! But the difference with this book â“ CHEATING FATHER TIME is the fact that he addresses that formidable but inevitable topic of aging, but as his subtitle states, â“77 Anti-Aging Hacks to Stop the Clock and Live a Longer, Healthier and More Fulfilling Life: (Build the Habits to Age with Grace and Become Sharper & Stronger by the Year!) he coaches us on how to stay fit and healthy despite the years ticking by.

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