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Thus, SPRING CHICKEN: STAY YOUNG FOREVER (OR DIE TRYING). After a preliminary discussion of aging and life expectancy in general, SPRING CHICKEN is basically Bill's survey of those factors and practices - demonstrating

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scientifically proven merit or not – that have been, ...

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ancient wisdom on mankind's oldest
obsession: How can we live longer? And
better?

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A few weeks ago I stumbled across a
copy of the book Spring Chicken: Stay
Young Forever by Bill Gifford. I keep a

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running list of books related to health and aging, but this one wasn't on my list and caught my eye. I'm so happy I picked it up. The comprehensive information in the book blew me away.

Book Review: Spring Chicken: Stay Young Forever by Bill ...

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Spring Chicken demolishes the worst hoaxes in anti-aging treatments-like

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crushed dog testicles, human growth hormone, and Suzanne Somers-and leaves you with the good news: by adopting a few easy-to-understand, easy-to-follow discoveries, you might just deactivate the time bombs in your fat cells and learn to follow in the springy, "successfully aging" footsteps of a 92-year-old pole vaulter."

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Young Forever (or Die Trying)" is for anyone who harbors dreams of finding the fountain of youth. That would be basically everybody over the age of 20 ...

Book review: 'Spring Chicken: Stay Young Forever (or Die ...

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