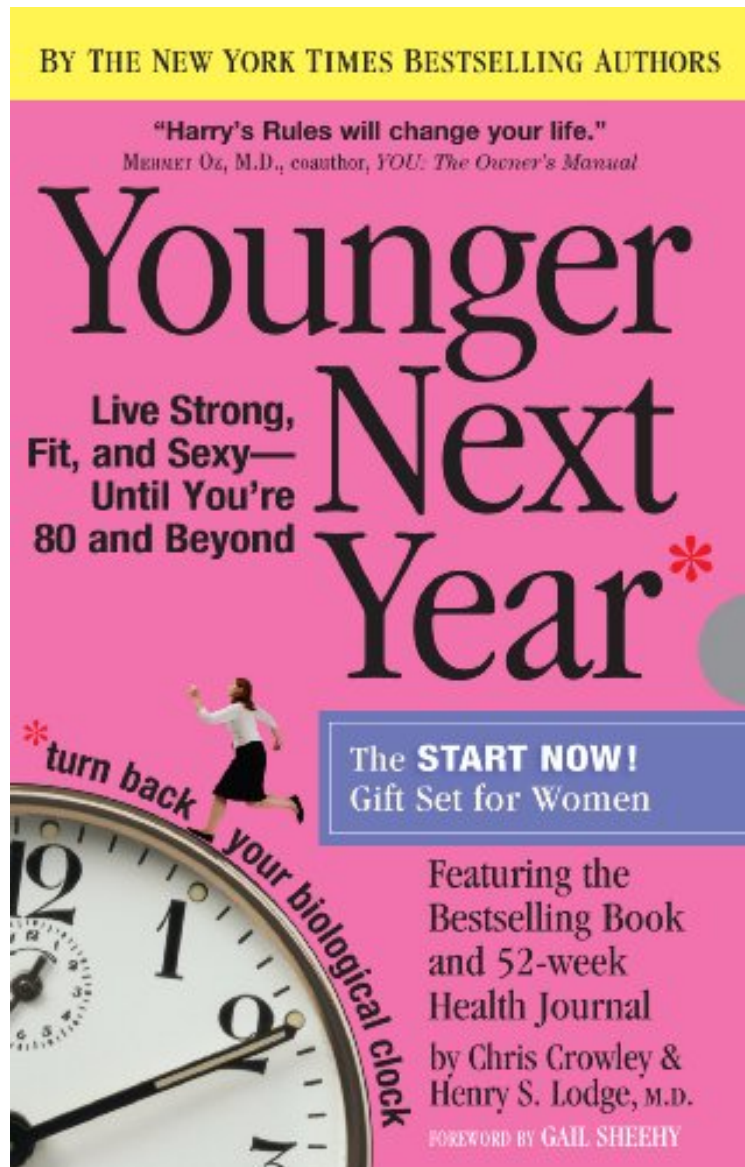


Younger Next Year Gift Set for Women

Chris Crowley, Henry S. Lodge M.D.
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The gift to give others. The gift to give yourself. The gift that combines a bestselling program for becoming younger and healthier with a full-fledged 52-week journal that makes it easier to change your life, bringing planning, record-keeping, and motivation to the equation. For gym-goers who haven't yet bought the book, for the fitness-minded, for husbands and wives making a commitment to one another for anyone looking to turn back the biological clock and live fit, strong, and sexy into their 80s and beyond it's exactly the right gift. Younger Next Year: The Book Journal Gift Set for Women combines Younger Next Year for Women with an edition of the Younger Next Year Journal. It shows how to become functionally younger through a program of exercise, diet, and emotional connection, and continue to live to the end of your years with newfound vitality and pleasure. The fill-in journal is the right companion to keep track of the Younger Next Year program.

About the Author Chris Crowley, a former litigator (Davis Polk Wardwell), is the coauthor, with Henry S. Lodge, of the Younger Next Year books, and the coauthor, with Jen Satchek, PhD, of Thinner This Year. Though in his eighties, he fully lives the life, skiing black diamonds and routinely doing fifty-mile bike rides. He and his wife live in New York City.