

# The Secrets Of Staying Young - Rosemary Conley

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Rosemary Conley is one of the UK's most successful and best-loved diet and fitness experts. Rosemary Conley's Secrets of Staying Young is the book that she's been planning to write for 20 years. In it she shares some of her own experiences of looking and feeling young as the years pass, as well as giving advice on diet; exercise (Including a special section of exercises for the over-70s, an age group that is often overlooked in beauty and fitness books); dressing for your age and shape, and gives medical advice about HRT, plastic surgery and how to stay fit despite the changes in your body. Rosemary Conley's Secrets of Staying Young is not only a practical and useful guide for women, but also a very personal story of how she has maintained her health and stayed looking youthful throughout the years. Author: Conley, Rosemary Publisher: Cornerstone Digital Illustration: N Language: ENG Title: The Secrets of Staying Young Pages: 00000 (Encrypted EPUB) On Sale: 2012-10-31 SKU-13/ISBN: 9781846057311 Category: Health & Fitness : General Category: Family & Relationships : General

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