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Chris Crowley,
Bestselling Author,
Younger and Thinner
Next Year If you're
convinced that getting

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older means going downhill, consider **this** axiom: aging is inevitable, but decay is optional.

"Younger Next Year" A Review of an Excellent Book

From <http://famouspt.com/>
"Famous" Physical Therapists Bob Schrupp and Brad Heineck provide a review of the excellent book, ...

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**Younger Next Year
Day #3 - Stop Losing**

Muscle! Welcome to my **Younger Next Year** series as I discuss losing muscle especially as we age, which is optional! Check out my blog ...

**Younger Next Year
Program** 2015

Younger Next Year*

Aspen Retreat May
10th- May 14th &
September 27th-
October 1st Sign up

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now by emailing

Kate...

***The Younger Next
Year Back Book: The
Whole-Body Plan to
Conquer Back Pain
Forever*** For Beyond

50's "Natural Healing"

talks, listen to an
interview with Dr.

Jeremy James. He is
the creator of the
whole-body ...

Review of Younger

Next Year In this One

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Win Book Review, we take a look at **Younger Next Year** by Chris Crowley and Henry S. Lodge, M.D. Check out the ...

Digital Age-Can You Be Younger Next Year?- Chris Crowley

Chris Crowley, author of "**Younger Next Year**", His next installment outlines new ideas how we can lead healthier active lives well

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**Chris Crowley and
Henry S. Lodge -
Sexy and Vibrant at
60 (Younger Next
Year for Women)**

Authors Chris Crowley
and Henry S. Lodge

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talk with Michele

Ammon about their

new breakthrough

book, **YOUNGER**

NEXT ...

Younger Next Year

for Women by Chris

Crowley, Henry S.

Lodge M.D.

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[VUXNO Chris...](http://audiobooksway.com/audio?book=B000X)

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***Dr. Henry Lodge at
The UP Experience***

2008 How can you
avoid 70% of your
body's decay and
eliminate 50% of the
injuries and illnesses
associated with getting
older?

***Younger Next Year
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**Does Your Knee
Buckle or Give Way?
Top 3 Exercises-
Unstable Knee**

Famous Physical
Therapists Bob
Schrupp and Brad
Heineck demonstrate
the top 3 **exercises**
they use to stop a knee
from ...

***It's not what you
say, it's what they
hear!*** Resource Real
Estate brought in
speaker Ben Clarke

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from Luntz Global
Partners to speak in a
general session at the
2017 ...

Gail Sheehy:
**"Daring: My
Passages"** Gail

Sheehy's 1976 book
"Passages" had an
exciting idea at its
core: adulthood is
dotted with predictable
turning points. Now ...

**Can your Rotator
Cuff Tear Heal?? Can**

Where To
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you regain

Movement? Famous

Physical Therapist's
Bob Schrupp and Brad
Heineck discuss

whether or not your
rotator cuff tear can
heal. Can it get ...

Lunges for

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Heineck present:

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Dramatic Leg Strength
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Neck Pain? Using a Towel to Decrease

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<http://famouspt.com/>
"Famous" Physical
Therapists Bob

Schrupp and Brad
Heineck demonstrate
how a towel can be
used to ...

Hip Pain/Arthritis: 5 Exercises to Help

Your Pain, From

Where To Download

<http://famouspt.com/>

"Famous" physical therapists Bob Schrupp and Brad Heineck demonstrate why and how you want to do ...

***Digital Age-Can I
Lose 25 Pounds in
Six Months?-Chris
Crowley***

"Definitely, yes!" author, health nut, cyclist, lawyer, man for all seasons
Chris Crowley tells Jim Zirin. Chris has just written a

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**How to stop aging
and look 15 years
younger: Master
checklist**

How to stop
aging and look 15
years **younger**: Master
checklist Free Business
Mastery course <http://www.ameerrosic.com/vip>
Are ...

**Facial Exercises for
Stroke, Bell's Palsy,
& Parkinson's
Disease**

Famous
Physical Therapist's
Bob Schrupp and Brad

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Heineck demonstrate facial **exercises** to be performed after Stroke, Bell's ...

Younger Next Year...The Kedging Trick I know what you are wondering. What in the world does “kedging” mean? Well as Chris Crowley truthfully points out, we don't ...

***Younger Next Year
-Day #1 You Have to***
Page 19/28

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**AGE but You Don't
Have to ROT!**

Welcome to my
Younger Next Year
series as I share some
topics that struck a
chord with me when I
read this eye opening
book.

**YOUNGER NEXT
YEAR | Excerpt | PBS**

In this clip, Dr. Henry
Lodge, co-author of the
Younger Next Year
books, shows that you
can become stronger,

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healthier and ...

Younger Next Year...Thinner Next Year

The real name of this chapter of **Younger Next Year** is actually **The Biology of Nutrition: Thinner Next Year**, but I knew you'd be ...

Younger Next Year...The Heart of Matter: Aerobics

Now we start getting to the nitty-gritty! It's

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Chris Crowley's turn again and he begins by using Dr. Lodge's analogy of our bodies...

Younger Next Year...The Biology of Exercise

The Biology of **Exercise**! See more at: <http://www.yanikfontonfitness.com/>

Younger Next Year - Chris Crowley

engineering economy

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