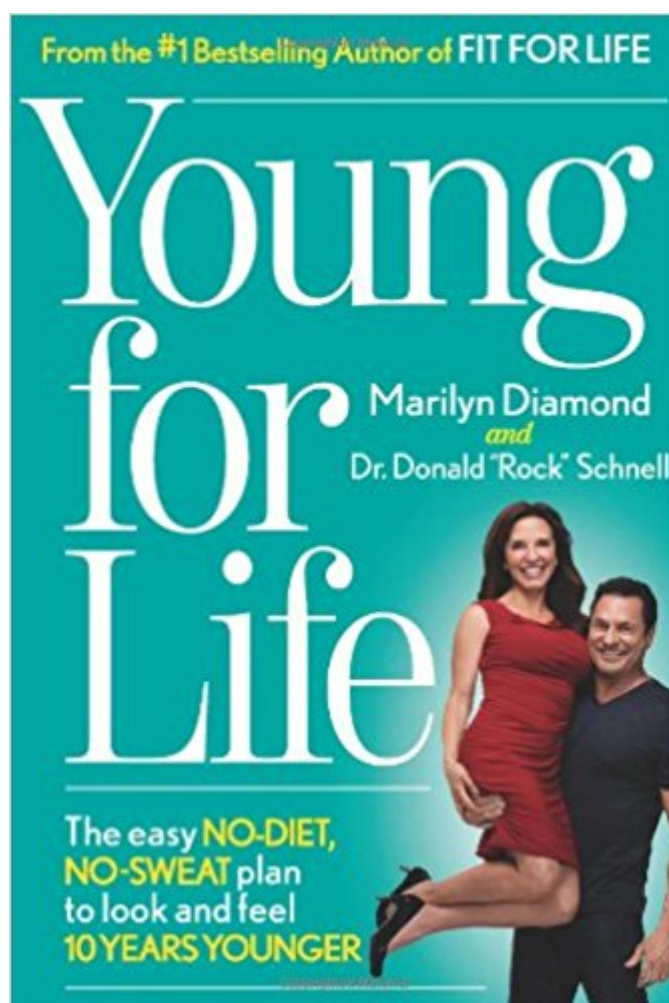


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# Young For Life: The Easy No-Diet, No-Sweat Plan To Look And Feel 10 Years Younger



## Synopsis

One hundred and seventy millions Americans are obese. Thirty million are "skinny fat," not outwardly big but inwardly nutrition deficient. The authors of this book, both staunch vegans for decades, were among the "skinny fat." After witnessing accelerated aging, Marilyn Diamond and Dr. Donald Schnell transformed their health through a radical lifestyle overhaul that most people over 40 will find easy and intuitive. *Young for Life* begins with the premise that our bodies are miraculous machines that have the potential for life-long vitality, sexuality, and youthfulness, and then shows how to reverse the signs aging through three key life-changing practices: - Whole Food nutrition for vital nutrients that combat genetic aging- Convenience exercise-6-second techniques of muscle contraction that are the foundation of shaping sexy muscle anytime, anywhere- Disease-prevention-fighting nutrient deficiency with micronutrient supplements

## Book Information

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## Customer Reviews

Marilyn Diamond is living proof that you can be 68 years old and look decades younger. A healthy living expert, she is coauthor of *Fit for Life*, which has sold millions of copies. She collaborates with her husband Dr. Donald Schnell. Dr. Donald "Rock" Schnell suffered a diabetes-induced heart attack at 55. Doctors gave him up to 5 years to live. The *Young for Life* program is an adaptation of the plan that saved his heart and created his rock-hard body.

I have lost 50 pounds! I'm in a size 10! I don't weigh anymore, but

I love putting on a small suit from the sale rack and seeing it fit perfectly. "Baby steps!" Marilyn and Dr. Rock advise. For the first time in my life I am achieving my health goals. I've learned how important it is to quit exercising when I want to do more. That one tip keeps me exercising regularly! My mind is wide open to how much I can do for myself with this simple approach to living a young life. These two authors, who to me are ambassadors for happy and healthy living, are masters at teaching people "HOW" to succeed. I love to cook but I never wanted to hear that I should change what I was cooking. Marilyn's taught me cooking techniques, the use of spices and herbs and now I know how to add great flavor to my family's meals. I'm the "new Sue" who reads labels and chooses pure ingredients with a passion, and I now am the cook who is confident that I know what I'm doing to be healthier and in better shape. Dr. Rock's and Marilyn's tips have worked for me in so many ways I've even been able to end my Mom's diabetes so she's no longer on insulin, and now I'm working on helping her come out of her Alzheimer's fog. We're actually starting to be able to converse again. The nurses cry, because for the first time in so long, she's talking to them, instead of hiding in her own world. I'm strong, in great shape, happy and I'm confident that I'm healthier than I've ever been in my life and always will be healthier. Sue Higgins, October, 2012, 52 years young

The 'diet/food/eating' obsession these days is fat with all sorts of 'secrets' on how to lose weight, stay fit, feel better, and look younger, many of which are no secrets at all, just reheated formulas. It was with this mindset that I undertook Young For Life, recommended to me by none other than the authors themselves. With humor and clarity, the authors explain the importance not eating nutritionally, and the current science underlying the way foods are processed in the body. Since following the recipe for a healthy life in YFL, I've dropped 24 pounds, 3 inches from my waist, and my body fat is consistently between 11-12%. My energy level has improved significantly, and I find my daily workout recovery time lessened. I feel trim and fit, and I don't have to buy new pants!

This book has excellent information that I've never seen before, and for someone like me that reads ALOT of books on health, that's truly something exciting and worth paying attention to. I'm so happy to know that most of the foods I love are not off-limits. Who doesn't want to turn back the clock 10+ years on their body and health? The tips for diabetics (and likely what it takes to avoid becoming

one) are worth the price of the book alone. Again, this was new information which I had never seen or heard from any other book or author. The fact that Dr. Rock was willing to share it, and his own experience, is lucky for us who take this information and act. Marilyn is so sweet (she kindly responded to my emails) and she really is gorgeous. As a couple, they radiate health and kindness - it is obvious how they care about helping people achieve the greatest health possible. I watched the Young For Life Workout DVD and started to incorporate it into my life. This was my greatest struggle - exercising consistently. It's almost unbelievable how easy and quick it is! Again, I learned things that were new to me from the DVD also. There's not a bit of hype with the DVD (I get frustrated by other DVDs where they seem a bit too amped up on selling you vs. educating you). The exercises I learned are very gentle, but the impact of increased muscle can make a significant difference in anyone's health - externally and internally. What Dr. Rock and Marilyn are sharing is the result of modern science supported by medical studies, not to mention their own experiences. After researching online, I realized there were Young For Life DVDs (PBS specials) that have aired in several parts of the country and I just mailed a request to my local station asking that they air it in my area. I find it beneficial to watch certain PBS specials several times over, as they serve as great reminders to me regarding things I want to ensure I'm doing healthwise. I have also asked friends and family to send mail to our local station in Chicago - anyone can make the same request to their local station. I figure it doesn't cost a cent, it's entertaining, and it's information I can use presented by health and nutrition professionals.

I'm crazy about this book. Good lord this couple look an easy 25 years younger than they are and I believe they're really onto something here. I remember when I was younger I ate this way and never had a problem with weight or being badly proportioned. I have gone back to eating that way and am working to do a lot - not all - of their recommendations. Love it!

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