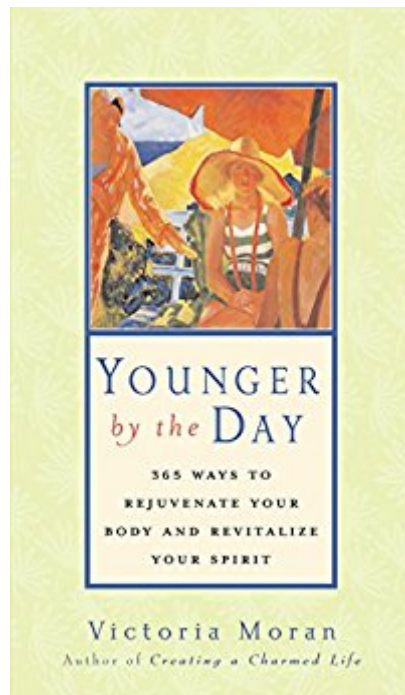


The book was found

Younger By The Day: 365 Ways To Rejuvenate Your Body And Revitalize Your Spirit



Synopsis

Wouldn't it be wonderful to love your life through every age and stage of it? Appreciate yourself every step of the way? And have such vitality that, even though you're perfectly proud of the age you are, people routinely think you're several years younger? This happy state is the promise of *Younger by the Day*, a one - year program for aging in reverse with results that start as soon as you do -- and you can start any day of the year. Victoria Moran was baffled when midlife seemed to change everything, from the shape of her body to her visibility in society. She began a four - year journey, asking these questions: Why do some women blossom with age while others wither? How can you accept yourself as you are and still nurture yourself into becoming the best you can be? How can you draw from your inner wisdom everything you need to deal with the un-certainties of life as well the certainty of growing older? Victoria found the practical answers, and they are distilled here for you to put into use, one day at a time.

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Customer Reviews

This book was my New Year's gift to myself, and I look forward to "unwrapping" the next installment every morning. Some of Ms. Moran's suggestions are familiar...old friends, in fact; others are entirely new to me. All are written in such a direct, friendly voice that reading them feels like hearing suggestions from a well-informed, trusted friend. After sampling only 18 of the "365 ways to rejuvenate my body and revitalize my Spirit," I'm feeling a difference, and other people are noticing. In the last few days I've been asked whether I've lost weight, cut my hair, fallen in love. If you're a woman in mid-life, do yourself a favor: Buy this book and follow its advice. We are all, as Ms. Moran says, too young for frumpy, but we're too old to miss a chance to be inspired and energized every morning.

Upon first glance at the title, you may assume that this is another run-of-the-mill "get younger" book filled with info about pricey creams, spa treatments and a diet plan. Not so! This book is refreshing in its approach to getting younger. Ms. Moran suggests that real and lasting changes be made from within. This doesn't mean that you can't or shouldn't use expensive creams, get spa treatments and eat well. You just have to make sure that you are focusing on improving both the inner and outer parts of you. For instance: Learning to not make mountains out of molehills paired with giving yourself a therapeutic warm sesame oil massage will do wonders for how you feel both inside and outside. This hand-in-hand approach echoes throughout this lovely book. Read this book; put the ideas to use. Let Ms. Moran be your guide to learning how to feel younger, both mentally and physically. I've had the honor of meeting her in person and I can tell that she practices what she's written in this book. She's joyful and vibrant and looks younger than her years. Works for me!! =) I'm buying this book for all my female friends so we can all get younger together!

A 365-day advice book on how to rejuvenate your body and spirit provides a series of workable advice encouraging youth-enhancing activities, from using jokes to shut-off the worry machine in April around April Fool's Day to breaking the habit of self-comparison and revamping the pantry to get rid of unhealthy foods. More than another set of admonitions, this packs in useful advice in an easy monthly format readers will find truly inspirational.

Victoria Moran's new book, "Younger by the Day" is just the refresher course needed by any woman whipped by our societal norms into thinking that her productive years -- and her beauty -- are over. Packed with factual, but not bland, real information -- interspersed with spiritual insights that only the wise who have lived long and fruitfully -- with a touch of whimsy -- could ever put into words -- I find

this book uplifting, informative, and so empathetic.... You will be younger emotionally, physically, and most important of all -- younger in spirit at the end of this book! Victoria Moran is a genius to have pulled this all together in one book. Thank you, Victoria!!

I checked this book out of the library a few weeks ago, but this is a book that I simply must own. This isn't the type of book that you read front to back and then you're done. This is a book you'll want to keep with you for the rest of your life.

Looking for something uplifting to add to my daily meditation readings, I happily came upon Moran's *Younger by the Day*. Her book is so inspiring, that I save it to relish as my last reading each day so that I head out for the world renewed and positive. Moran writes in her typical elegant, yet practical and profound manner. This is a real find. I even purchased extra copies to give as gifts for friends and family!

I love this book (although I'm still in my early 30s and not quite in the target audience). I bought a copy for my mom hoping she would like it as much (and she does). With 365 days worth of inspiration, advice, suggestions, and information, some "days" are more inspiring than others. The wonderful thing is that how you react to the information changes as you change. Each segment is short enough to read in a few minutes, but leaves you with a lot to contemplate. I have my favorite passages bookmarked and I find them valuable to reflect upon for inspiration and guidance. This book addresses emotional, spiritual, intellectual, and physical health. Some of the passages about health issues may be outdated as one reviewer pointed out, but that is to be expected as new scientific discoveries are made. I think those segments are still valuable, as they increase readers' awareness of vitamins/minerals/supplements etc, and serve as a springboard for increased overall awareness.

I just love this book. It is a devotional to your well being. A lot of the health and spiritual advice that is floating around is condensed in this book. Plus Victoria Moran is a good writer and seems to be such a positive person. I have read many of her books and always felt more empowered after finishing them.

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