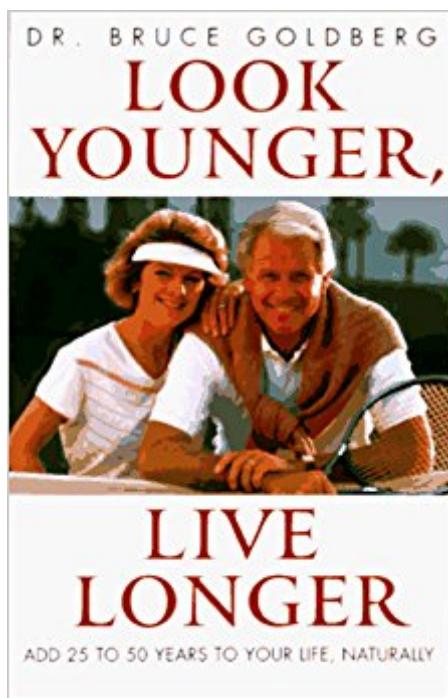


The book was found

Look Younger, Live Longer: Add 25 To 50 Years To Your Life, Naturally



Synopsis

Discover the amazing scientific evidence that proves the effectiveness of simple methods you can use to add years—maybe decades—to your life, while appearing younger and being more physically fit, in the startling book, *Look Younger, Live Longer*, by Dr. Bruce Goldberg. Medical research has shown that your body's immune system is the most important factor in determining how quickly you age. The key ingredient for keeping your immune system strong is a hormone, naturally produced by your body, known as DHEA. Scientific studies prove that meditative techniques, including self-hypnosis, can increase your body's production of DHEA, knocking years off your appearance and resetting your biological clock. *Look Younger, Live Longer* fully explains techniques to do this. The book includes medically sound advice on other ways, including nutrition and exercise, to stay young physically, mentally, and in appearance. In *Look Younger, Live Longer*, you'll discover:

- How to use self-hypnosis to increase your body's natural production of DHEA to slow down the aging process
- How to look younger immediately
- Easy techniques to boost your brain power and improve memory
- An eating plan to reduce cellular changes leading to complaints associated with aging
- Nutritional keys to halt aging skin now
- Simple methods to significantly improve your sex life
- A step-by-step plan to reprogram the internal "computer" that may be aging you prematurely

Another important aspect of this book is how it can change attitudes. Most people think that those who are older are slower, don't contribute, and are not very bright. *Look Younger, Live Longer* exposes these myths, with real-world examples showing how older people can be creative, active, and the brightest people around. Here is your chance to tap into a clearly documented fountain of youth. Your first step to this new life begins when you get *Look Younger, Live Longer*.

Book Information

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Customer Reviews

Goldberg, a hypnotherapist, author, and retired dentist, offers a longevity manual with an emphasis on techniques to change one's perceptions and beliefs about aging. In part 1, Goldberg reviews the theories of aging, supported by references to the literature. Part 2 outlines detailed dietary, exercise, behavioral, and lifestyle changes that can preserve a youthful body and mind. All suggestions are common to most alternative health books and are low in cost and relatively simple to follow. The focus of part 2 is the chapter on self-hypnosis, a way of relaxing and setting aside the conscious mind to activate the subconscious mind, usually with suggestions to make desired changes. Step-by-step instructions and scripts are given for helping such conditions as insomnia, anxiety, pain, and the lack of self-confidence. The chapter ends with special self-hypnosis techniques for visual imagery and for specifically slowing down the aging process. Penny Spokes

The concept of reversing the aging process naturally should inspire almost everyone. Who wouldn't want to learn techniques that could significantly alter the bodily changes that are synonymous with growing older? Dr. Goldberg, an alternative medicine practitioner since 1974, introduces the concept of "youthing" which combines meditative techniques including self-hypnosis, with exercise and nutritional analysis, for the end result of living a longer and happier life. While Goldberg points out that scientists estimate humans to have the capability of living to be at least 120 years old, the average age that Americans live today is only 75. This discrepancy can be attributed, according to Goldberg, to simply accepting an outdated theory that getting old is unavoidable and the ravages to our bodies merely a fact of life. Goldberg dispels this belief, insisting that by incorporating a proactive approach to life, high blood pressure, wrinkles, weight problems, heart problems, and many diseases can be prevented. The recurrent tone of this book is upbeat and encouraging. The author's research is extensive, based on gerontology, biochemistry, and genetics. His exercise segment lists calisthenics, weight training, and cardiovascular routines for the reader, and the nutritional segment gives a variety of diets including a Very Low Calorie (VLC) diet which Goldberg believes might help for longevity. The important concept of self-hypnosis is detailed at length, offering the end result of peace and spiritual rejuvenation. A fulfilling book to read for those of us who would like to snub our noses at the idea of getting old. Enjoying each moment of life and utilizing some of the positive approaches to living well listed in this book are far more rewarding

ways to live life to the fullest. -- From Independent Publisher

Obviously the main purpose of this book is for people to become generally healthier. The topic of DHEA is emphasized on Chapter 5, pages 41 to 50. The beginning of the third paragraph on page 50 of this book includes an event that will probably amaze you enough to be curious about how much of an impact DHEA can have on you. Also, you will probably not view age the same way after seeing pages 25 to 26. Also 27 has really something. Page 25 will probably have you curious on what can seem to be an entirely different (in a positive sense) outlook on health. Caffeine is mentioned on page 108, and specifically coffee on 114. The top of page 158 addresses both. Pages 195 to 202 have certain stories pertaining to the book's topic. Those of you wondering about having trouble sleeping might want to look at pages 180 to 181. You will likely find motivation to handle this as well as a possible solution. There is a topic brought up on page 52 that really had me think of antioxidants. Although I would appreciate if I saw more specifically about antioxidants and especially a popular source of them, I'm impressed about the specific solution presented that I never knew about to the problem. You may very well make a significant change to your lifestyle you read pages 52 to 53, and I give the author credit for unpredictability in this area. Something you may not have known about antioxidants are addressed on the upper part of page 110. Those of you concerned about oral health will surely find pages 104 to 105 helpful. Page 159 has, on the last sentence of the third-to-last paragraph and last paragraph for the topic of protecting yourself from the sun's rays, ways you can see that are very straightforward and likely very effective. Pages 101 and 102 contain a total of two tips about keeping hair healthy that maintained my attention. Those of you with pets will love pages 160 to 161. Page 168 addresses a topic you might at first find very unique which can make you healthier. This can especially be beneficial for those lacking exercise equipment and find it difficult to head outdoors often (for weather, schedules or any other reasons). Also, there's the mention of a topic on page 151 regarding a physical activity that I personally favor. Pages 112 and 118 have listed one of my favorite foods, and it has that it's beneficial in a certain way. Pages 105 and 110 have about a liquid this way. Page 156 includes writings regarding alcohol (and 112) and illegal drugs. Smoking is addressed on pages 159 to 160. The chapter about exercise in this book is extremely worth looking at. Recently I just walked for exercise, but having the part of the book about exercise really gave me reassurance that it was worthwhile. Parts of this book that I truly find motivating include page 151, page 142 (especially the third, fifth and sixth points listed) and the last two paragraphs on page 139. The two chapters regarding DHEA and hypnosis, give me motivation to regularly use hypnosis. One might be surprised about the physical benefits possible with

hypnosis. Pages 72-75 of this book are also interesting in my opinion.

I was looking more for a book that would address me where I am. I am in my late 70's and have already gone through the healthy eating habits and just standard stuff to keep healthy. It didn't give me anything I haven't already covered and lived. So, maybe for someone younger and less well read, it will be of help. It was just a ho-hum book for me. Diet, attitude, physiology, etc. I wanted something new and exciting. Not there.

This book is simply written. Its message is to not stress, eat right, etc. Very simply written. Save your money.

great book

Dr. Bruce Goldberg maintains that disease, not old age, kills people. He says that disease can be prevented, allowing people to live longer and healthier, by strengthening the immune system. His book, *Look Younger, Live Longer*, presents an array of natural tips for doing just that. The purpose of his book is to present "solid and clinical evidence of what you can and cannot do to look younger and live longer naturally." While his advice can help postpone death, his intent "is to show you how to maintain optimal health for the longest possible period of time." Dr. Goldberg doesn't offer magic elixirs or tricks to prevent or reverse the effects of aging. He says "your mind is the most powerful weapon in your arsenal against premature aging" and the key to youthfulness lies "in the choices we make many times each day" as to what we eat, drink, and think. Diseases of old age are a result of years of youthful abuse of our bodies, according to Dr. Goldberg, and he presents statistics and case studies to prove his assertions. His advice for living a long and healthy life includes eating less sugar and processed foods, quitting smoking, and using alcohol in moderation. He writes that "your single biggest physical defense against aging is exercise." He also cites studies showing that pets help their owners live longer and healthier. He says one way to keep your brain younger is to take up a hobby. *Look Younger, Live Longer* is Dr. Goldberg's fifth book, and is based on his experience with more than 11,000 patients. Readers interested in natural ways to improve their lives and increase their longevity will find his advice informative and practical.

With the way things are going nowadays, it seems sometimes that we won't make it through to tomorrow. This book really gave me hope in whether or not I'll see tomorrow!

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