

New Book Reveals That Biological Age Depends on Chronological Thoughts

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Author reveals how readers can attain a more stress-free and fulfilling life

Retirement thinking and living concedes age as being old. With 77 million baby boomers reaching that retirement threshold thinking must change to living wellness not accepting illness. In reality one's current situation is a result of one's past thinking, not circumstances or happenstance. If one thinks that he is too old to live well, chances are, his pessimistic thoughts are helping him age too fast. Then we will always be too young to die.

In his book, *Never Too Old to Live: Never Too Old to Change*, author Rhoads points out the facts—that chronological age is but a number and what matters is that people should start feeling and acting happy to live longer. Less stress, more healthy habits provide this biological outcome. "...you either think young or feel old...why not feel young and forget thinking old"...Jeanne Clement 122 years, 164 days young (oldest person in the world).

This Self-Health book is not a fountain of youth—but prescribed good thinking and doing habits which keep people mentally, physically and emotionally younger. Once people are able to subdue negative thoughts and forces, they can attain a more stress-free, youthful biological age and finally realize they are Never Too Old to Live.

Never Too Old to Live puts emphasis on these facts and teaches thinking exercises and actions that will help people slow down the aging process. Rhoads calls it Staging your life for

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living longer.

With health care costs skyrocketing this remedy also helps all of us economically. Physically, you can guide aging by staging your diet, exercise plan and mental functioning...through a regimen proposed in the book about 14,000 calories can be burned in 10 weeks resulting in a 10 pound weight loss and a 3 point reduction in your BMI...Rhoads provides a tool on the book's website called the Downsizer for tracking calorie reductions and improvements in your BMI. Think and burn your way to fitness.

Thoughts are powerful things. Earle Nightingale, an American motivational speaker and author, once taught that "we become what we think about". Even experts on behaviors would agree that "we are what we think we are." Jack Lalanne, the God Father of Fitness, who was working out until his death at the age of 96, said "I never looked forward to working out but I never looked back on a wasted day".

As the cover of the book demonstrates Rhoads and his wife have been able to practice what he preaches and are aging at a happy and healthy pace. In their 70's they expect to pass the century mark and beyond.

For more information on this book, interested parties may log on to www.Xlibris.com.

Never Too Old to Live * by Jerry Rhoads

Never Too Old to Change

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Trade Paperback; \$15.99; 92 pages; 978-1-4691-5776-4

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Trade Hardback; \$24.99; 92 pages; 978-1-4691-5777-1

eBook; \$3.99; 978-1-4691-5778-8