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Fast Living Slow Ageing

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Fast Living, Slow Ageing - E-bok - Kate Marie, Merlin ...

Ageing fast, ageing slow When Britain's geography and demography collide Britain is getting older. Life expectancy is rising and, with Britain's large post-war baby boomer generation now moving into retirement, a growing

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Slowaging Book | Slowaging Book

Slow ageing is the philosophy that we live by. This holistic approach to total wellbeing combines antioxidant-rich, circulation stimulating products with Skin'ergy massage and the practises of slow living. Slow down the effects of time for visible results on your skin, boost your natural energy levels and enhance feelings of inner calm.

Slow Ageing Essentials - Reduce the effects of time on ...

Centuries later, the desire to fight off the ageing process remains. The search for eternal youth sends so many along different paths in search of a "cure" for ageing. This book, Fast Living, Slow Ageing: How to Age Less, Look Great, Live Longer, Get More does not fall into

this category. It will NOT offer you a "quick fix.

Fast Living, Slow Ageing: How to Age Less, Look Great ...

Fast Living, Slow Ageing [Kate Marie, Christopher Thomas, Kate Marie] on Amazon.com.au. *FREE* shipping on eligible orders. Fast Living, Slow Ageing

Fast Living, Slow Ageing - Kate Marie, Christopher Thomas ...

Author Kate Marie's 'Fast Living Slow Ageing' cuts through the hype, in favor of what has been proven to slow the ageing process, and promote peak physical and emotional health, leading to a full, vital, and longer life.

New Book 'Fast Living Slow Ageing'

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Fast Living, Slow Ageing: Thomas, Christopher Merlin ...

TRANSFORM your life over time and become the person of your dreams; there are no quick fixes when it comes to stopping ageing, no anti-ageing, just slow APPLY the 'slow ageing' principles to best navigate your choices, not just for 12 weeks, but for the rest of your life.

Fast Living Slow Ageing - Slow Aging | Slow Ageing

Fast Living Slow Ageing co-author Kate Marie reveals the secrets to longer life ASK most people if they want to live forever and chances are they'll say no. But ask them if they are keen to rollback the years and you'll get a different answer. Here's how to live fast but age slow.

Fast Living Slow Ageing co-author Kate Marie reveals the ...

Fast Living: Slow Ageing. katem | November 16, 2009 . One day, at the age of 40 I woke up and realised I was well and truly glued to a ratwheel and couldn't get off. I was fast living and fast ageing. Life was going so quickly and I was peddling furiously to keep up.

**Fast Living: Slow Ageing -
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