

## **Younger This Year Page A Day Calendar 2018**

*Named a Best Book of the Year by The Washington Post, Time, NPR, Amazon, Vice, Bustle, The New York Times, The Guardian, Kirkus Reviews, Entertainment Weekly, The AV Club, & Audible A New York Times Bestseller*  
*“One of the most compelling protagonists modern fiction has offered in years: a loopy, quietly furious pillhead whose Ambien ramblings and Xanaxed b\*tcherries somehow wend their way through sad and funny and strange toward something genuinely profound.” — Entertainment Weekly “Darkly hilarious . . . [Moshfegh’s] the kind of provocateur who makes you laugh out loud while drawing blood.”*  
*—Vogue From one of our boldest, most celebrated new literary voices, a novel about a young woman's efforts to duck the ills of the world by embarking on an extended hibernation with the help of one of the worst psychiatrists in the annals of literature and the battery of medicines she prescribes. Our narrator should be happy, shouldn't she? She's young, thin, pretty, a recent Columbia graduate, works an easy job at a hip art gallery, lives in an apartment on the Upper East Side of Manhattan paid for, like the rest of her needs, by her inheritance. But there is a dark and vacuous hole in her heart, and it isn't just the loss of her parents, or the way her Wall Street boyfriend treats her, or her sadomasochistic relationship with her best friend, Reva. It's the year 2000 in a city aglitter with wealth and possibility; what could be so terribly wrong? My Year of Rest and Relaxation is a powerful answer to that question. Through the story of a year spent under the influence of a truly mad combination of drugs designed to heal our heroine from her alienation from this world, Moshfegh shows us how reasonable, even necessary, alienation can be. Both tender and blackly funny, merciless and compassionate, it is a showcase for the gifts of one of our major writers working at the height of her powers.*

*"When people look at George, they think they see a boy. But she knows she's not a boy. She knows she's a girl. George thinks she'll have to keep this a secret forever. Then her teacher announces that their class play is going to be Charlotte's Web. George really, really, REALLY wants to play Charlotte. But the teacher says she can't even try out for the part ... because she's a boy. With the help of her best friend, Kelly, George comes up with a plan. Not just so she can be Charlotte -- but so everyone can know who she is, once and for all"--*

*Presents a seven-week regimen for "de-aging" skin, using makeup and hair smarts to get a youthful look, improving nutrition and diet, and enhancing brain fitness and emotional health.*

*THE DEFINITIVE EDITION • Discovered in the attic in which she spent the last years of her life, Anne Frank's remarkable diary has since become a world classic—a powerful reminder of the horrors of war and an eloquent testament to the human spirit. Updated for the 75th Anniversary of the Diary's first publication with a new introduction by Nobel Prize-winner Nadia Murad “The single most compelling personal account of the Holocaust ... remains astonishing and excruciating.”—The New York Times Book Review In 1942, with Nazis occupying Holland, a thirteen-year-old Jewish girl and her family fled their home in Amsterdam and went into hiding. For the next two years, until their whereabouts were betrayed to the Gestapo, they and another family lived cloistered in the “Secret Annex” of an old office building. Cut off from the outside world, they faced hunger, boredom, the constant cruelties of living in confined quarters, and the ever-present threat of discovery and death. In her diary Anne Frank recorded*

*vivid impressions of her experiences during this period. By turns thoughtful, moving, and amusing, her account offers a fascinating commentary on human courage and frailty and a compelling self-portrait of a sensitive and spirited young woman whose promise was tragically cut short.*

*My Year of Rest and Relaxation*

*For Single and Two Joint Lives ...*

*Summary of Younger Next Year*

*A Novel*

*Thinner This Year*

A story of queer love and working-class families, *Young Mungo* is the brilliant second novel from the Booker Prize-winning author of *Shuggie Bain*. Douglas Stuart's first novel *Shuggie Bain*, winner of the 2020 Booker Prize, is one of the most successful literary debuts of the century so far. Published or forthcoming in forty territories, it has sold more than one million copies worldwide. Now Stuart returns with *Young Mungo*, his extraordinary second novel. Both a page-turner and literary tour de force, it is a vivid portrayal of working-class life and a deeply moving and highly suspenseful story of the dangerous first love of two young men. Growing up in a housing estate in Glasgow, Mungo and James are born under different stars—Mungo a Protestant and James a Catholic—and they should be sworn enemies if they're to be seen as men at all. Yet against all odds, they become best friends as they find a sanctuary in the pigeon dovecote that James has built for his prize racing birds. As they fall in love, they dream of finding somewhere they belong, while Mungo works hard to hide his true self from all those around him, especially from his big brother Hamish, a local gang leader with a brutal reputation to uphold. And when several months later Mungo's mother sends him on a fishing trip to a loch in Western Scotland with two strange men whose drunken banter belies murky pasts, he will need to summon all his inner strength and courage to try to get back to a place of safety, a place where he and James might still have a future. Imbuing the everyday world of its characters with rich lyricism and giving full voice to people rarely acknowledged in the literary world, *Young Mungo* is a gripping and revealing story about the bounds of masculinity, the divisions of sectarianism, the violence faced by many queer people, and the dangers of loving someone too much.

Now in paperback, the latest book in the New York Times bestselling, one-million-copy-plus *Younger Next Year* franchise. The book that tells every reader how to lose weight, discover new vitality, and get in the best shape of your life. The book with the no-nonsense, no-BS, no-shortcuts approach. The book that shows that there's a revolution in aging going on. The book that is the how-to of that revolution. Chris Crowley, the memorable patient and coauthor of *Younger Next Year*, partners with Jen Sacheck, a nutritionist and fitness expert from Tufts University, and in lively, alternating chapters they spell out a weight-loss plan that will have readers losing up to 25 pounds in the first six months—and, much more significantly, keeping it off next year, and the year after, and so on, for life. The message is straightforward and based on the most up-to-date nutritional science: resist the added-fat, added-sugar concoctions created by the food industry; skip the supplements; pile on fruits and vegetables to your heart's

content, but it's OK to eat lean meats, too; and don't drink your calories. And exercise! With its simple, fully illustrated program of 25 "sacred exercises," here is everything the reader needs to build muscle, protect joints, add mobility, and put off 70% of the normal problems associated with aging and eliminate 50% of serious illness and injury. "Clear, concise, well-balanced nutritious diet plan. Realistic exercise . . . [and] the combo of the authors—nutrition scientist and witty writer—makes this an easy-to-read volume with loads of timely, science-based information." —Madelyn Fernstrom, Diet and Nutrition Editor, TODAY and NBCNews.com "Chock-full of easy recipes, meal plans, and exercise diagrams." —The Wall Street Journal

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. Now you can look and feel ten years younger with the help of this revolutionary guide from one of the world's leading experts on health and skin care. He has been called one of the "Best Forward-Thinking Doctors" (Vogue magazine) and acclaimed as a "Beauty Genius" (Elle magazine). Howard Murad, M.D., FAAD is one today's foremost authorities on health and skincare, and his philosophies have helped men and women around the world look and feel as young and healthy as possible. With *The Water Secret*, Dr. Murad shares a new, scientifically proven strategy, cultivated over years of practice and treating over 50,000 patients, to help you look and feel better from the inside out. *The Water Secret will:* Reveal groundbreaking secrets to help you take years off your looks, feel better and healthier Debunk health myths through cutting-edge research and tell the truth about how inflammation, hydration, and other factors really affect your health Explain how damaged cells that leak water can sabotage your looks Introduce an integrated, multidisciplinary "Inclusive Health" approach to help optimize cellular strength Give you a complete 10-step action plan with recipes and meal plans to start you on the path to clear skin, fewer wrinkles, more energy, and better overall health Discover *The Water Secret* and learn to take control of the process of aging by improving the health of every cell in the body. Begin the program and you will see and feel the difference your healthy new lifestyle will make in as soon as one week!

A delicious and - yes! - proven-to-work big time weight loss plan with cutting edge anti-aging benefits. An innovative weight loss plan for men and women, the 7-week diet is built on the foods science shows delivers anti-aging benefits. Adopt this easy-to-follow plan and you'll have better cholesterol levels, lower blood pressure, an in-control sugar level, a healthier heart, and a leaner body. And another big anti-aging bonus: Studies show many of the anti-aging foods found on this diet also nourish your skin so you can actually look younger. It's an added benefit that comes as a surprise to many, but it's a scientific fact: Eating certain foods can improve your skin in a variety of ways that give you vibrant color and can even diminish wrinkles. Along with the 7-week meal plan and fitness program, the diet includes more than 90 recipes for breakfast, lunch, and dinner. Throughout, there is abundant, proven advice on overcoming mental hurdles to achieve permanent diet success and ideas on how to personalize the plan to your specific situation by swapping out meals. Get ready to turn back the scale-and the clock!

Transactions of the California State Agricultural Society

Younger

Younger Next Year for Women

George

A Younger Next Year Book

Younger Next Year Journal

**National Bestseller!** *"Unflinching and unforgettable. Little Secrets has everything you want in a thriller"* –Riley Sager, *New York Times* bestselling author of *Lock Every Door*

*Overwhelmed by tragedy, a woman desperately tries to save her marriage in award-winning author Jennifer Hillier's Little Secrets, a riveting novel of psychological suspense. All it takes to unravel a life is one little secret... Marin had the perfect life. Married to her college sweetheart, she owns a chain of upscale hair salons, and Derek runs his own company. They're admired in their community and are a loving family—until their world falls apart the day their son Sebastian is taken. A year later, Marin is a shadow of herself. The FBI search has gone cold. The publicity has faded. She and her husband rarely speak. She hires a P.I. to pick up where the police left off, but instead of finding Sebastian, she learns that Derek is having an affair with a younger woman. This discovery sparks Marin back to life. She's lost her son; she's not about to lose her husband, too. Kenzie is an enemy with a face, which means this is a problem Marin can fix. Permanently.*

*New from the author of The Good Sister, the breakout New York Times bestseller and "stunningly clever thriller" (People), comes Sally Hepworth's latest novel of domestic suspense about the tangled vines of family secrets. "Smart, suspenseful, brimming with secrets. This is Sally Hepworth at her unputdownable best." -- Kate Morton, New York Times Bestselling Author* *THE HUSBAND* A heart surgeon at the top of his field, Stephen Aston is getting married again. But first he must divorce his current wife, even though she can no longer speak for herself. *THE DAUGHTERS* Tully and Rachel Aston look upon their father's fiancée, Heather, as nothing but an interloper. Heather is younger than both of them. Clearly, she's after their father's money. *THE FORMER WIFE* With their mother in a precarious position, Tully and Rachel are determined to get to the truth about their family's secrets, the new wife closing in, and who their father really is. *THE YOUNGER WIFE* Heather has secrets of her own.

*Will getting to the truth unleash the most dangerous impulses in all of them? More Praise for The Younger Wife: "[An] appealing domestic suspense novel from bestseller Hepworth [with a] fast-moving plot. This often funny and affecting outing should win Hepworth new fans."*

*--Publisher's Weekly "Completely compulsive. Sally Hepworth delivers with this stay-up-late one-more-chapter gem."*

*--Jane Harper, New York Times Bestselling Author "A warped tale [that] boasts Jane Harper's multilayered characters and Liane Moriarty's wealthy suburban world saturated with lies and deceit. With each domestic thriller, best-selling Hepworth shines brighter and draws in more readers."*

*--Booklist*

*Bestselling author Sherman Alexie tells the story of Junior, a budding cartoonist growing up on the Spokane Indian Reservation. Determined to take his future into his own hands, Junior leaves his troubled school on the rez to attend an all-white farm town high school where the only other Indian is the school mascot. Heartbreaking, funny, and beautifully written, The Absolutely True Diary of a Part-Time Indian, which is based on the author's own experiences, coupled with poignant drawings by Ellen Forney that reflect the character's art, chronicles the contemporary adolescence of one Native American boy as he attempts to break away from the life he was destined to live. With a forward by Markus Zusak, interviews with Sherman Alexie and Ellen Forney, and four-color interior art throughout, this edition is perfect for fans and collectors alike.*

*In season four of Darren Star's hit TV Land series Younger, the editors at Empirical Press are shocked and deeply moved when they read Marriage Vacation, an autobiographical novel by the publisher's estranged wife, Pauline Turner Brooks. Knowing the book will cause a sensation, they decide they must publish it. Now you can read what the hype is about—including page 58 that had everyone buzzing (...and blushing). Marriage Vacation is for anyone who has ever fantasized about what it would be like to run away from it all. By all appearances, Kate Carmichael has the perfect life: two adorable daughters, a prewar townhouse on the Upper East Side, and a husband who runs one of the most successful publishing companies in New York. But when Kate attends a wedding and reconnects with successful friends from graduate school, she suddenly sees her life in a*

*different light: the career she didn't pursue, the dreams she's locked away, the empty veneer of her privilege. When the wedding weekend ends, instead of heading home to her husband and family, Kate gets on a plane and flies halfway around the world. She claims it's just going to be for a week—two max—just so she can clear her head and reconnect with her lost dreams. But the adventure doesn't go quite as planned. This provocative and gripping novel asks: Is a wife and mother allowed to have a midlife crisis? And, if she does, can she ever be forgiven? PRAISE FOR Marriage Vacation*

*"Marriage Vacation has everything you want an in a novel: fascinating characters, drama, secrets, emotional reckonings, and far-flung adventure. If you love Younger, you'll love this book. If you've never watched an episode of Younger (you should change that), you'll still love this book. And just wait until you read page 58!" —Darren Star, creator of Sex and The City and Younger*

*"This brilliant romp helps us understand why Liza was so excited to discover the manuscript, how any woman could leave the dreamy Charles, and what exactly Pauline—by way of her fictional alter ego, Kate Carmichael—did on that mysterious Marriage Vacation. Pack this heartfelt, insightful, funny, sexy book when you take a vacation of your own." —Pamela Redmond Satran, author of Younger*

*The Younger Next Year Back Book*

*Appendix. Reports*

*Younger Next Year: The Exercise Program*

*How to Look Ten Years Younger*

*They Called Us Enemy - Expanded Edition*

*The Cellular Breakthrough to Look and Feel 10 Years Younger*

This bestselling book 10 Years Younger in 10 Weeks reached cult status in Scandinavia thanks to a refreshingly natural approach to on how to look and to feel younger. You don't have to ditch the bikini when you turn 40 - this can be the beginning of your sexy years And it's never too late to start. Thorbjorg's vitality and charisma have made her a wellness guru for women of all ages. The book features a 10-week full anti-age program from inside out with delicious recipes, invigorating exercises, tests to see how you are progressing and nutritional supplement recommendations. It also provides natural alternatives to injectibles and skin care, and describes cleansing and relaxation as the sources of eternal youth, and case studies from women who talk about how the 10-week program transformed their lives. \* Want secrets to avoiding sagging skin, flabby bits and mood swings? \* Want healthy tips and facts on how your food can make your body younger, your skin firmer and your life more energetic? Read this book on how to become

your best self. Are you ready to light the flame? I followed Thorbj rg's 10 Years Younger Program, and was truly delighted with the results. Her deep understanding of nutrition, as much as her motivating personality, made the experience a complete success; and I am certainly not alone in my belief that Thorbj rg's work has the power to make a huge impact on today's culinary and fitness culture. For people serious about following the tenets of Crowley's "Younger Next Year" comes this handy journal for keeping track of workouts, heart rates, diet, and more. Includes Crowley's inspirational tips and science facts from Dr. Lodge.

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How would you like to look and feel ten years younger in just ten weeks time? Studies show that Americans on the whole are aging faster than ever with conditions like diabetes, cancer, and heart disease occurring increasingly earlier on in life—along with everyday age indicators like wrinkles and love handles. Now, Dr. Steven Masley, former medical director of the prestigious Pritikin Longevity Center® and a pioneer in anti-aging medicine, delivers a breakthrough plan to turn back the clock, inside and out—no matter what your age! Originally featured on the Discovery Channel, the Ten Years Younger Program is designed to combat the roots of accelerated aging. Poor nutrition, toxins in the environment, stress, and exposure to free radicals all make us old before our time, along with a little-known aging culprit: low- and no-carb diets. As Dr. Masley shows, low-carb diets deprive the body of anti-aging phytonutrients and fiber, accelerate osteoporosis, and damage brain cells. So the first secret of turning back time is: Eat your carbs! Each week, Ten Years Younger guides you through an age-busting combination of cutting-edge nutritional choices, relaxation techniques to reduce the aging effects of stress, and simple workouts designed to build lean muscle and trim and tone your body from head to toe. By following the plan for just ten weeks, you will: Achieve significant weight loss—up to twenty-five pounds Boost your energy levels Rejuvenate your skin Enhance brain function Prevent and reverse the onset of diabetes and heart disease Lower your cholesterol and blood pressure Improve sexual vitality With tools to help you assess how your body is really aging, weekly shopping lists and meal plans, and over 100 delicious recipes packed with antioxidants and anti-aging nutrients, Ten Years Younger is the

**healthiest, safest, and fastest way to take off the years—no surgery required!**

**Statistical Report ...**

**For Younger Girls**

**7 Years Younger The Anti-Aging Breakthrough Diet**

**An Autobiography**

**Live Strong, Fit, and Sexy - Until You're 80 and Beyond**

**A Good Girl's Guide to Murder**

In the hotly anticipated sequel to the beloved Younger—now a hit TV series from the creator of Sex and the City starring Sutton Foster and Hilary Duff—Liza Miller is torn between two cities and two hearts when her bestselling novel is picked up by a major television network. New York or Los Angeles? Romance or commitment? Younger...or older? Liza Miller never dreamed that anyone would be interested in her life, let alone buy a book about it. But everything changes when, on the eve of her fiftieth birthday, she publishes a thinly veiled novel about a woman posing as a millennial called Younger—which her old friend Kelsey wants to turn into a TV show. Liza is off to Los Angeles to help Kelsey write the pilot. But that means leaving behind her on-again off-again boyfriend Josh, her pregnant daughter, and her best friend Maggie. Can Liza find happiness in her new adventure if it means leaving everyone she loves? Yet as Liza is swept up in the heady world of Hollywood, she finds herself thinking less and less of her life back home in New York. And when she meets Hugo Fielding—the devastatingly handsome and incredibly flirtatious Brit playing her boss on the show—she toes the line between having a crush and falling in love. Torn between New York and Los Angeles, a familiar love and a risky one, an established career and a shot at stardom, Liza must decide if it's too late to go to the ball...and if she even wants to. From the author of the beloved Younger, this is an endearing, hilarious, and relatable tale of second chances and new beginnings that proves: the best thing about getting Older is that you finally get to be yourself.

PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. Chris Crowley and Henry S. Lodge's New York Times bestselling book, Younger Next Year: Live Strong, Fit, and Sexy—Until You're 80 and Beyond shatters everything you thought you knew about how our bodies age. Using cutting edge research, they translate theory into actionable steps you can take to slow the process of decay. This FastReads Summary & Analysis offers supplementary material to Younger Next Year to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or

not this book is for you, FastReads Summary & Analysis is here to help. Absorb everything you need to know in under 20 minutes! What Does This FastReads Summary Include? Executive Summary of the original book Brief chapter-by-chapter summaries Key takeaways from each chapter Editorial Review Original Book Summary Overview In their New York Times Bestseller Younger Next Year, Chris Crowley and Henry S. Lodge offer a practical guide anyone can use to stay fit and strong, navigate the uncertain road of retirement, and age with grace. Crowley and Lodge contend that aging is a choice you make every day—with what you do, what you eat, and how you connect—and offer straightforward and science-backed rules to reverse the dreadful process of decay. "Younger Next Year" is a must-read for anyone who wants to live more purposefully. BEFORE YOU BUY: The purpose of this FastReads Summary is to help you decide if it's worth the time, money and effort reading the original book (if you haven't already). FastReads has pulled out the essence—but only to help you ascertain the value of the book for yourself. This analysis is meant as a supplement to, and not a replacement for, Younger Next Year.

Co-written by one of the country's most prominent internists, Dr. Henry "Harry" Lodge, and his star patient, the 73-year-old Chris Crowley, Younger Next Year for Women is a book of hope, a guide to aging without fear or anxiety. This is a book of hope, a guide to aging without fear or anxiety. Using the same inspired structure of alternating voices, Chris and Harry have recast material specifically for women, who already live longer and take better care of themselves than men. New material covers menopause and post-menopause, as well as cardiac disease, osteoporosis, sexuality, and more. This is the book that can show us how to turn back our biological clocks—how to put off 70% of the normal problems of aging (weakness, sore joints, bad balance) and eliminate 50% of serious illness and injury. The key to the program is found in Harry's Rules: Exercise six days a week. Don't eat crap. Connect and commit to others. There are seven rules all together, based on the latest findings in cell physiology, evolutionary biology, anthropology, and experimental psychology. Dr. Lodge explains how and why they work—and Chris Crowley, who is living proof of their effectiveness (skiing better today, for example, than he did twenty years ago), gives the just-as-essential motivation. Both men and women can become functionally younger every year for the next five to ten years, then continue to live with newfound vitality and pleasure deep into our 80s and beyond.

The New York Times bestselling graphic memoir from actor/author/activist George Takei returns in a deluxe edition

with 16 pages of bonus material! Experience the forces that shaped an American icon -- and America itself -- in this gripping tale of courage, country, loyalty, and love. George Takei has captured hearts and minds worldwide with his magnetic performances, sharp wit, and outspoken commitment to equal rights. But long before he braved new frontiers in STAR TREK, he woke up as a four-year-old boy to find his own birth country at war with his father's -- and their entire family forced from their home into an uncertain future. In 1942, at the order of President Franklin D. Roosevelt, every person of Japanese descent on the west coast was rounded up and shipped to one of ten "relocation centers," hundreds or thousands of miles from home, where they would be held for years under armed guard. **THEY CALLED US ENEMY** is Takei's firsthand account of those years behind barbed wire, the terrors and small joys of childhood in the shadow of legalized racism, his mother's hard choices, his father's tested faith in democracy, and the way those experiences planted the seeds for his astonishing future. What does it mean to be American? Who gets to decide? George Takei joins cowriters Justin Eisinger & Steven Scott and artist Harmony Becker for the journey of a lifetime.

AARP The Water Secret

The Whole-Body Plan to Conquer Back Pain Forever

The Diary of a Young Girl

6 Steps to Prevent Heart Disease, Cancer, Alzheimer's and More

The Care and Keeping of You Journal 1

Look Younger, Feel Younger, Be Younger!

Most of us want to live a long, healthy life, but how do we do that? Drawing upon lessons from his own life, Mayo Clinic cardiologist Stephen Kopecky offers a holistic, evidence-based approach to preventing common diseases and chronic illnesses and living a longer life of pleasure and purpose.

In the past century, the leading causes of death around the world have shifted from infectious diseases to long-term chronic illnesses. What's killing us today isn't so much flu or tuberculosis, but heart disease and cancer. In fact, more than 1.2 million Americans die from these two diseases each year. Paradoxically, these chronic diseases are a consequence of living longer than ever. But even if we're living longer, are we living better? The overwhelming number of people now living under the burden of chronic illness indicates otherwise. After surviving two bouts of cancer, Dr. Stephen Kopecky, M.D set out to discover the behaviors people can adopt to live longer lives free of chronic illnesses and diseases. What he discovered was that the

answer lies in just six habits that require small changes to your daily life, but reap big results long-term. From adopting better diet and exercise habits to managing stress and sleep, these behaviors will not only preserve your health, they can improve your quality of living and extend your life. The secret, however, lies not just in the steps themselves but in how you accomplish them. This book offers in-depth insights on:

- The best foods to eat and why
- Increasing physical activity and improving fitness
- Why your sleep habits matter
- The dangers of stress and what to do about them
- The true impact of alcohol and tobacco on our bodies
- How to make changes that will last a lifetime

After 30 years of research in the field of cardiovascular disease prevention, Dr. Kopecky is sharing what he's learned from his practice and own personal experience about staying healthy, preventing chronic illnesses, and living younger longer.

Based on the groundbreaking study that shaved three years off a subjects' age in just eight weeks, discover a proven, accessible plan to prevent diseases and reduce your biological age. It's true: getting older is inevitable and your chronological age can only move in one direction. But you also have a biological age, which scientists can measure by assessing how your genes are expressed through epigenetics. Exciting new research shows that your bio age can actually move in reverse—and Dr. Kara Fitzgerald's groundbreaking, rigorous clinical trial proved it's possible. By eating delicious foods and establishing common-sense lifestyle practices that positively influence genetic expression, study participants reduced their bio age by just over three years in only eight weeks! Now Dr. Fitzgerald shares the diet and lifestyle plan that shows you how to influence your epigenetics for a younger you. In *Younger You* you'll learn:

- It's not your genetics that determines your age and level of health, it's your epigenetics
- How DNA methylation powerfully influences your epigenetic expression
- The foods and lifestyle choices that most affect DNA methylation
- Simple swaps to your daily routines that will add years to your life
- The full eating and lifestyle program, with recipes and meal plans, to reduce your bio age and increase vitality
- How to take care of your epigenetic expression at every life stage, from infancy through midlife and your later decades

We don't have to accept a descent

into disease and unwellness as we age as inevitable: when you reduce bio age you reduce your odds of developing all the major diseases, including diabetes, cancer, and dementia. With assessment tools for determining your bio age, recipes, and plans for putting it all into practice, *Younger You* helps you repair years of damage, ward off chronic disease, and optimize your health—for years to come.

Solène Marchand begins an impassioned affair with a member of her daughter's favorite boy band.

Smart women don't grow older. They grow younger. A book of hope, *Younger Next Year for Women* shows you how to become functionally younger for the next five to ten years, and continue to live thereafter with newfound vitality. Learn how the *Younger Next Year* plan of following "Harry's Rules"—a program of exercise, diet, and maintaining emotional connections—will not only help you turn back your physical biological clock, but will improve memory, cognition, mood, and more. In two new chapters, prominent neurologist Allan Hamilton explains how the program directly affects your brain—all the way down to the cellular level—while Chris Crowley, in his inimitable voice, gives the personal side of the story. In other words, how to live brilliantly for the three decades or more after menopause. The results will be amazing.

Ten Years Younger

Anne Frank

The Younger Wife

Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy

Live Strong, Fit, Sexy, and Smart—Until You're 80 and Beyond

The Amazing Ten Week Plan to Look Better, Feel Better, and Turn Back the Clock

**It's time to turn back the clock! In *20 Years Younger*, Bob Greene offers readers a practical, science-based plan for looking and feeling their best as they age. The cutting-edge program details easy and effective steps we can all take to rebuild the foundation of youth and enjoy better health, improved energy, and a positive outlook on life. The four cornerstones of the program are: an exercise regimen for fighting muscle and bone loss, a longevity-focused diet, sleep rejuvenation, and wrinkle-fighting skin care. Woven throughout the text is practical advice on changing appearances, controlling stress, staying mentally sharp, navigating medical tests, and much more. Readers will walk away with a greater understanding of how the body ages and what they can do to feel-and look-20 years younger.**

**A BuzzFeed "Best Book of June 2021" From sixteen-year-old Dara McAnulty, a globally renowned figure in the youth climate activist movement, comes a memoir about loving the natural**

world and fighting to save it. *Diary of a Young Naturalist* chronicles the turning of a year in Dara's Northern Ireland home patch. Beginning in spring when "the sparrows dig the moss from the guttering and the air is as puffed out as the robin's chest" these diary entries about his connection to wildlife and the way he sees the world are vivid, evocative, and moving. As well as Dara's intense connection to the natural world, *Diary of a Young Naturalist* captures his perspective as a teenager juggling exams, friendships, and a life of campaigning. We see his close-knit family, the disruptions of moving and changing schools, and the complexities of living with autism. "In writing this book," writes Dara, "I have experienced challenges but also felt incredible joy, wonder, curiosity and excitement. In sharing this journey my hope is that people of all generations will not only understand autism a little more but also appreciate a child's eye view on our delicate and changing biosphere." Winner of the Wainwright Prize for UK nature writing and already sold into more than a dozen territories, *Diary of a Young Naturalist* is a triumphant debut from an important new voice.

A Moms Demand Action Book Club Pick "The perfect way to teach your kiddos LGBTQ+ vocab while celebrating the beauty of embracing yourself and others."—KIWI Magazine A joyful celebration of LGBTQ+ vocabulary for kids of all ages! A playdate extravaganza transforms into a joyful celebration of friendship, love, and identity as four young friends sashay out of all the closets, dress up in a wardrobe fit for kings and queens, and discover the wonders of their imagination. In *The GayBCs*, M. L. Webb's playful illustrations and lively poems delight in the beauty of embracing one's truest self—from A is for Aro and Ace to F is for Family to T is for Trans. *The GayBCs* is a heartwarming and accessible gift to show kids and adults alike that every person is worthy of being celebrated. A bonus glossary offers opportunities for further discussion of complete terms, communities, and inclusive identities.

The definitive exercise book that the one-million-plus readers of the *Younger Next Year*® series have been waiting for—and the exercise book that takes the intimidation out of starting a workout routine. Based on the science that shows how we can turn back our biological clocks by a combination of aerobics and strength fitness, it's a guide that will show every reader how to live with newfound vibrancy, strength, endurance, confidence, and joy—and it goes deep enough to be your exercise companion for life, even if you eventually take it to Masters levels. *Younger Next Year: The Exercise Program* combines the best information from the New York Times bestselling *Younger Next Year* with the cutting-edge knowledge and workouts from *Thinner This Year*. Here is the revolutionary 10-minute warm-up (critical for maintaining ankle, shoulder, and hip mobility). The five amazing things aerobic exercise will do for your body, and finding the method that works for you. How to get fit better and quicker with intervals. The importance of "whole-body" strength training and "rebooting the core." Plus, the Twenty-Five Sacred Exercises that will be the foundation for your strength-training routine for life.

10 Years Younger in 10 Weeks

The Absolutely True Diary of a Part-Time Indian  
Older

*Diary of a Young Naturalist*

Lose 20 Pounds (Or More!)

Reduce Your Bio Age and Live Longer, Better

***At some point in their lives, 80% of Americans will seek expert help for back pain. It's an epidemic, with a cost to society in medical expenses and lost productivity that is steeper than heart disease. But remember the 80% figure—that's the astonishing cure rate at Dr. Jeremy James's Aspen Club Back Institute. A Doctor of Chiropractic who took that path because of his own severe injury-induced back pain, he has developed a revolutionary***

**behavioral/whole-body approach to help sufferers heal—and often eliminate—back pain forever. Co-written with Chris Crowley, *The Younger Next Year Back Book* follows the alternating chapter format of the #1 New York Times bestselling *Younger Next Year* and other books in the series. And just as millions of readers positively changed their lives following *Harry's Rules in Younger Next Year*, the millions of back pain sufferers can find relief following Jeremy's rules, including *Stop Doing Dumb Stuff*, *Be Still So You Can Heal*, and *Stand Tall for the Long Haul*. He explains the workings of the spine and muscles, and then why back pain is almost never a disease, per se, but the result of behavior. He then shows how to change our behavior, find a neutral spine, and begin a regimen of simple exercises—with step-by-step two-color illustrations—to realign our core to virtually eliminate back pain forever. Chris Crowley, in his been-there-done-that-and-you-can-too-damnit! voice, provides all the motivation and patient perspective we need.**

***A Wrinkle in Time* is the winner of the 1963 Newbery Medal. It was a dark and stormy night—Meg Murry, her small brother Charles Wallace, and her mother had come down to the kitchen for a midnight snack when they were upset by the arrival of a most disturbing stranger. "Wild nights are my glory," the unearthly stranger told them. "I just got caught in a downdraft and blown off course. Let me sit down for a moment, and then I'll be on my way. Speaking of ways, by the way, there is such a thing as a tesseract." A tesseract (in case the reader doesn't know) is a wrinkle in time. To tell more would rob the reader of the enjoyment of Miss L'Engle's unusual book. *A Wrinkle in Time*, winner of the Newbery Medal in 1963, is the story of the adventures in space and time of Meg, Charles Wallace, and Calvin O'Keefe (athlete, student, and one of the most popular boys in high school). They are in search of Meg's father, a scientist who disappeared while engaged in secret work for the government on the tesseract problem.**

**The companion to our bestselling book, *The Care & Keeping of You*, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips, quizzes, and checklists help girls understand and express what's happening to their bodies - and their feelings about it.**

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***A Raisin in the Sun***

***Journal***

***Young Mungo***

***A Drama in Three Acts***

***The Revolutionary 7-Week Anti-Aging Plan***

***Government Life Annuity Commutation Tables***

*Abridged version of a Jewish girl's record of how her family hid from Nazi occupiers in World War II Holland.*

*Younger Next Year Journal* Workman Publishing

*You may not yet have heard of Lee Hoyle. You soon will. This collection of anecdotes, memoirs and general musings will almost certainly have you laughing, and often bring a tear to the eye. Lee's unique style of writing adds to both the humour and the drama of the chapters of his life and often enhances the emotion of the moment. This is a must-read biography from an interesting new character, with praise heaped on chapters such as 'Breaking into a factory' and 'Addicted to Pepper Spray'. Lee also describes in detail some of the locations he has grown up in, including some beautiful - and some not so beautiful - locations in South Africa. Once you get this book, you won't be able to put it down. Not for the faint-hearted...*

*A story of inspiration and transformation for every woman who's tried to change her life by changing herself—now a hit TV series from the creator of *Sex and the City* starring Sutton Foster and Hilary Duff. She wants to start a new life. Alice is trying to return to her career in publishing after raising her only child. But the workplace is less than welcoming to a forty-something mom whose resume is covered with fifteen years of dust. If Alice were younger, she knows, she'd get hired in a New York minute. So, if age is just a number, why not become younger? Or at least fake it. With help from her artist friend Maggie, Alice transforms herself into a faux millennial and soon finds an assistant's job, a twenty-something bff, and a hot young boyfriend, Josh, who was in diapers when Alice was in high school. You're only as young as you feel. Alice is too thrilled with her new relationship and career to worry about the fallout from her lie. But when Maggie decides she wants a baby, Alice's daughter comes home early from studying abroad, and Alice finds herself falling in love with Josh, she realizes her masquerade has serious consequences, especially for her. Can Alice turn the magic into her real life? Or will the truth come out and break the spell?*

*Little Secrets*

*The Idea of You*

*Naturally Sexy Forever*

*7 Years Younger*

*20 Years Younger*

*The GayBCs*