



# Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day

By *Miranda Esmonde-White*

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PBS fitness personality on *Classical Stretch* and creator of the fitness phenomenon *Essentrics*, *Miranda Esmonde-White* offers an eye-opening guide to anti-aging that provides essential tools to help anyone turn back the clock and look and feel younger no matter what age.?

?Miranda Esmonde-White trains everyone from prima ballerinas to professional hockey players to Cerebral palsy patients: what do they all have in common? All of these people are hoping to heal their bodies, prevent further injury, and move optimally and without pain. In fact, they have the same goals as any of us who are trying to stay young, fit, and reverse the hands of time.??

Because the aging of our bodies occurs in our cells, it must be repaired there too—that's where *Miranda's* highly effective and sought-after techniques come in. The body is programmed to self-destruct as we age, but the speed at which it self-destructs is up to us. Recent scientific studies have proven this fact! *In Aging Backwards*, *Miranda* offers a groundbreaking guide on how to maintain and repair our cells, through scientifically designed workouts. ??

Healthy cells prevent joint pain, muscle loss and weak bones—helping to control weight, increase energy, and improve strength and mobility. *Miranda* offers readers of all ages the tools they need to look and feel young. Complete with tips, tools, and her Eight Basic Age-Reversing Workouts accompanied by instructional photos and web clips, *Aging Backwards* will help you grow younger, not older! ?

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## **Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day** By *Miranda Esmonde-White* Bibliography

- Sales Rank: #5776 in Books
- Brand: imusti
- Published on: 2014-11-11
- Released on: 2014-11-11
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .97" w x 7.38" l, 1.42 pounds
- Binding: Hardcover
- 288 pages



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### Editorial Review

#### Review

“Public TV stations and their viewers have responded enthusiastically to Miranda’s workouts for more than a decade; and from a personal standpoint I have experienced and enjoyed the anti-aging benefits of her program, too!” (**Chris Funkhouser, VP, American Public Television**)

“I started doing Miranda’s workouts ten years ago, and now I recommend them to ALL of my patients, even for those with joint problems. It is safe, easy, convenient, and complete . . . the total package!” (**Dr. Beth Barnett, Certified Chiropractic Sports Physician**)

“Miranda Esmonde-White shows readers how we age at a cellular level, and what we can do to slow down and reverse this process. Her pioneering exercise program can help anyone, at any level, maintain a youthful body as we inevitably enter into later stages of life.” (**Claudio Cuello, MD, Professor and Former Chair of Pharmacology, McGill University**)

#### From the Back Cover

“Every day, we have a very clear choice: We can grow older or we can grow younger.”

In recent years the field of aging research has exploded with new clinical findings. Many widely accepted ideas about aging—including those about the inevitability of our declining metabolism, our dying brain cells, and our deteriorating muscles and bones—have been debunked. Today we know that the physical signs of aging are far more a product of lifestyle choices than of calendar years. *Aging Backwards* offers an exciting and comprehensive plan for actively slowing down and even reversing the aging process through gentle exercise that develops strong, flexible muscles.

Why focus on strengthening muscles? Because as Miranda Esmonde-White, PBS fitness personality and creator of the Essentrics technique, explains, our muscle cells are the keys to our longevity. The powerhouses of our cells, the mitochondria, keep us looking and feeling young—and muscle cells contain more mitochondria than any other part of our body. If we can keep our mitochondrial fires burning, our muscles—not to mention our bones, hearts, lungs, and skin—can all experience the vitality of youth. And the best news of all is that it takes just thirty minutes a day of gentle exercise to keep muscles strong.

With eight basic age-reversing workouts that build core strength, lengthen and tone muscle, increase flexibility, and speed weight loss, *Aging Backwards* offers the information and tools to live longer, healthier, and happier lives.

#### About the Author

Miranda Esmonde-White is one of America's greatest advocates and educators on healthy aging. She is best known for her PBS fitness show *Classical Stretch*, which has been on the air since 1999. A former ballerina, she designed the Essentrics technique, which uses low-intensity strength and stretch exercises to relieve pain, prevent injury, and slenderize the body. Esmonde-White works with professional and Olympic athletes and celebrities, and teaches classes to thousands of students worldwide each year.

## Users Review

### From reader reviews:

#### Gregory Howard:

The book Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day can give more knowledge and information about everything you want. So just why must we leave a good thing like a book Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day? Wide variety you have a different opinion about e-book. But one aim this book can give many information for us. It is absolutely proper. Right now, try to closer with the book. Knowledge or data that you take for that, you can give for each other; you could share all of these. Book Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day has simple shape but the truth is know: it has great and big function for you. You can search the enormous world by open up and read a book. So it is very wonderful.

#### Barbara Tucker:

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#### Keith Dunn:

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