



Grow Youthful: A Practical Guide to Slowing Your Ageing

David Niven Miller

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Why do some people have vital health and youthful looks at 70, when others are already sick and old at 35? Over the millennia, many extraordinary people have lived well beyond a century. Some of them have achieved their life's greatest work in their old age. They have shown that it is possible to have health and vitality right up to the end of a long and fulfilling life. This easy to understand book reveals many of their secrets. Supported by recent scientific research, it cuts through much of the jargon and conflict concerning health and longevity. David Niven Miller writes in such a common-sense way that most of the book will seem obvious once you have read it.

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