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# Aging Backwards: Reverse The Aging Process And Look 10 Years Younger In 30 Minutes A Day

NEW YORK TIMES BESTSELLER

## AGING Backwards



Miranda  
Esmonde-White



## Synopsis

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 listeners 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!

## Book Information

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## Customer Reviews

I first found the author early one morning on PBS. I am 66 years old and was delighted that here were exercises that I could perform without hating every minute. ( I am now not ashamed to say, "I

hate yoga".) I am also, like her though not as accomplished, a former dancer but have let myself get out of shape. I have been really impressed with Miranda's program and bought several DVDs which I really like but out of laziness stopped doing. When I heard about her book I felt that it would re-motivate me. How true that is! The book really explains how important - and why - it is to work the muscles. Her program is the best at keeping a person from getting stoop-shouldered and slow and unsteady-gaited, typical of the elderly and the aging. She focuses on range of motion and strength which has the added benefit of developing balance which is completely important in and of itself. This is a really sound program and I think it should be taught and done by everyone, not just those of us who are up in years although for someone of my age who has been starting to see the effects of aging (a little hard to get out of the chair, sometimes hard to straighten up upon standing, etc.) it is absolutely ideal. I don't have a lot of aches and pains but her program is supposed to really help with that, as well.

found the answer i've been looking for. this book covers the answers for my ageing back and joints, The docs said I had arthritis, but I don't think so. I've started to employ some of the stretching that this book speaks of and one of my (5 year old) problems has started to respond nicely to. I plan on getting the DVD's and pursuing it farther.

I'm a lifelong exerciser, now in my 70's, with a strong aerobic and heavy-weight program. This approach has caused me to rethink my entire program. After two weeks, I feel stronger, more agile, more relaxed, better posture, than with my previous program. I still supplement the program with medium hand weights. But after each program, I no longer feel tired; instead I feel totally energized.

This is a wonderful book. It's easy to understand, but all the information is backed up by science. I will admit I am a fan of Miranda Esmond-White and the Essentrics technique, so this was an easy sell for me. This program has really helped me change my life and my body- for the better.

Miranda's program of Classical Stretch really works. I've been stretching and strengthening with her for several years. Her book is similar to her TV program. This program is suitable for all ages. Try it !!

I was given this book as a gift off my list. I read most of the reviews and most were good and I knew of Miranda's TV programs and DVDs. I am 63 and get very tight muscles (maybe fibromyalgia) but

loose joints. Slow exercises seem best for me. I thought the book would allow me to relax and go at my own pace. There is a large section in front explaining the benefits and physiology of exercise. It does pretty well to inspire you and give good information. The downfall is there is sporadic and incomplete instruction for many of the moves. There is no progression from easy to hard; it seems like you pick a workout and go for it. There are no warm ups. You can try picking a seemingly easy one to start, then find there's little instruction for form or position. Some exercises seem fairly clear, but others are vague. You are left to figure out a position just by the picture. I considered it could be buried in the very large reading section in the front, Or is it in the DVD that I did not get? Fortunately for me I know some of the basics from other books I own. There are good moves in this book but it is lacking in some basic instruction. If you are new to exercise or have an area of weakness you may need a more careful starting book to get you through step by step.

I have struggled with chronic illness and I knew that exercise was key in staying healthy, Classical stretch and aging-backwards gives us a how and why so that we can have quality healthy life. Thank you Miranda.

I've done a couple of fitness retreats with Miranda and I do Miranda's Classical Stretch and Sahra's Essentrics DVDs at home. "Aging Backwards" is Miranda's capstone explanation of what's going on with our 620 muscles and 200 bones during our lives and why her approach to using all of our muscles every day is the key to excellent posture and lifelong fitness no matter the age or condition at which you start. I'm a fan for life!

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