

Download Stop Aging Start Training Look And Feel Twenty Years Younger

By Susan Sontag. Saturday Review, September 23, 1972. “How old are you?” The person asking the question is anybody. The respondent is a woman, a woman ‘of a certain age,’ as the French say discreetly. Are you absolutely terrified about turning 60? If so, it’s important that you consider just why you are filled with trepidation. It’s just a number after all. Is leaving your 50’s such a big deal? Many women are able to take turning 60 in their stride and to relish the new decade but for others, it’s depressive, daunting and instigates feelings of anxiety. Another thing to remember is that we all don’t age at the same rate. Just as in our younger days some are more gifted (bigger VO₂, more RBC, more natural testosterone, etc.) and can run faster so too older athletes can be more gifted (the aging process takes place slower). “It truly is about how you lead your life and not how much life is led.” The veteran actor knows whereof he speaks: with each new role — from Parks and Recreation to, most recently, CBS’s medical drama Code Blue — the 54-year-old seems to be aging in reverse. Thankfully, he’s revealed his secrets to turning back time, and there’s no magic required.