



52 baby steps to Grow Young

Michael, Ph.D. Brickey

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Yikes! We're getting older. Some people, however, are much younger than their chronological age. Why? The biggest reason is they think differently. Adopting their mindset helps you be younger too. 52 baby steps to Grow Young is an almost effortless way to develop a youthful mindset at every age. You only need to read two pages a week and take the small step the chapter advocates.

In his Oprah-featured book, Defy Aging, Dr. Brickey gave the research, theory, and how to for living well into your hundreds. 52 baby steps to Grow Young eliminates the don't have the time excuse by making it incredibly easy to adopt Anti-Aging ABCs (Attitudes, Beliefs, and Coping Skills).

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