



# **Counterclockwise: My Year of Hypnosis, Hormones, Dark Chocolate, and Other Adventures in the World of Anti-Aging**

*Lauren Kessler*

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At this moment, one in three Americans is entering midlife, and many are wondering, "How did I get to be this old?" Plenty will turn to miracle creams, injections, fillers, and surgery to reverse the hands of time, but Kessler investigates the largely unexplored side of anti-aging: what it takes to be younger, not just look younger. Guided by an open but pleasantly skeptical mind, a thirst for adventure, and a sense of humor, she investigates America's youth obsession and decides, on a very personal level, what to do about it. She is at once the careful reporter, the immersion journalist, the self-designated lab rat, and a midlife woman who is not interested in being as old as her driver's license insists she is.

*Counterclockwise* is a lively quest to discover how to maintain stamina, vitality, fortitude, and creativity right to the very end.

"The human smile is an anti-gravity device. Kessler's delightful, witty book actually takes 20 years off your face!"--Mary Roach, author of *Stiff* and *Gulp*

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The reason why? Because this Counterclockwise: My Year of Hypnosis, Hormones, Dark Chocolate, and Other Adventures in the World of Anti-Aging is an unordinary book that the inside of the e-book waiting for you to snap it but latter it will shock you with the secret the idea inside. Reading this book beside it was fantastic author who else write the book in such remarkable way makes the content on the inside easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of rewards than the other book possess such as help improving your talent and your critical thinking technique. So , still want to hesitate having that book? If I were you I will go to the reserve store hurriedly.

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Counterclockwise: My Year of Hypnosis, Hormones, Dark Chocolate, and Other Adventures in the World of Anti-Aging can be one of your nice books that are good idea. All of us recommend that straight away because this book has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to set every word into pleasure arrangement in writing Counterclockwise: My Year of Hypnosis, Hormones, Dark Chocolate, and Other Adventures in the World of Anti-Aging but doesn't forget the main place, giving the reader the hottest along with based confirm resource information that maybe you can be certainly one of it. This great information can certainly drawn you into completely new stage of crucial contemplating.

#### **Blanche Jackson:**

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