

Live Younger in 8 Simple Steps: A practical guide to slowing down aging process from the inside out

Eudene Harry

Eudene Harry (Jul 23, 2012)

Softcover \$17.45 (220pp)

978-0-615-66098-1

Dr. Eudene Harry, a medical doctor and director of an integrative and holistic health center, wrote *Live Younger in 8 Simple Steps* as a comprehensive guide to feeling and looking younger. The book's target audience is middle-aged women, though women of all ages would benefit from much of the content. Men's particular health and wellness issues are not addressed, but a male reader could easily find value in the general information provided under each of the eight steps.

In this volume, Harry offers a clever and refreshing mix of conventional and nontraditional nutritional and lifestyle advice. She seems to have an excellent grasp of human nature and the difficulties one encounters in suggesting people try new things or change entrenched habits. The eight steps are not necessarily as simple as the book's title suggests. Like most self-improvement guides, commitment is a prerequisite, and the regimens outlined, such as regular exercise, a diet overhaul, and a disciplined stress-management routine, are typical of what is required for palpable change to occur.

Both the individual who is willing to switch to low-fat dairy and lean meat and the already organic-food-eating vegan will enjoy the author's suggestions. Several pages are devoted to the value of antioxidants and Harry gives a thorough explanation of how they work in the body and discusses the abundance of everyday to unusual antioxidant-rich foods one can eat, such as tempeh and black currants. In the chapter on skin care, Harry advocates for the prudent use of interventions such as botox injections and prescription creams, as well as the wonders of enough sleep, foods rich in sulfur and omega-3 fatty acids, and exercise.

The transformation of Kate, a typical client of Harry's, is woven through *Live Younger in 8 Simple Steps*. Kate is a busy woman in her forties with a host of problems, including depression and being overweight. At the end of each chapter, Harry applies the lessons to Kate's issues and shows how integrating each step provides real and exciting improvement in Kate's life.

At the end of *Live Younger in 8 Simple Steps*, readers will find an impressive forty pages of quality references, confirmation that Harry compiled significant research and that the advice she offers comes from a place of professional integrity. The text is also well written with very few typographical or grammatical errors.

All told, Dr. Eudene Harry has written a solid and accessible guide for women who are ready to begin traveling a path toward self-improvement.

PATTY SUTHERLAND (September 10, 2012)

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