



New book shows how to slow down the ageing process, prevent disease and live healthier

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Kate Marie & Christopher Thomas with Andrew Murray & Lisa Jones



HOW TO AGE LESS • LOOK GREAT • LIVE LONGER • GET MORE

In the fully-revised and updated version of the best-selling book *Fast Living Slow Ageing* (Health Inform, \$39.99), Australian authors Kate Marie and Professor Merlin Christopher Thomas, along with over fifty health experts, have assembled a comprehensive, research-based guide to slowing down the ageing process, allowing readers to make their choices based on evidence and understanding.

The book provides guidance on everything from exercise to hormones, nutrition to stress management, and combines all the information into an easy to follow 'Slow Ageing' program that also helps readers achieve a healthier diet, clearer skin, better

physical fitness and mental resilience. This isn't a quick-fix guide to stop ageing, but provides the tools to slow down the process so readers can embrace ageing as a positive experience and enjoy it in good health.

Author Kate Marie compiled the ground-breaking book after finding a lack of thorough resources available in her own search for better health. Kate, along with Professor Merlin Christopher Thomas, assembled a team of leading scientists, doctors, health practitioners and informed consumers to ensure the advice is researched, up to date and really works.

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ScottJW



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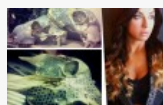
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