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Fast Living Slow Ageing co-author Kate Marie reveals the secrets to longer life

This story was published: 12 DAYS AGO | DECEMBER 06, 2013 8:08AM



Face creams may make your skin feel great but can't stop the ageing process. Picture: ThinkStock Source: Supplied

ASK most people if they want to live forever and chances are they'll say no.

But if you asked the same people if they are keen to rollback the ageing process you'll probably get a completely different answer.

In our fast living, high pressure society, there's no doubt Australians are working harder, longer and facing more stress than ever before.

But according to one author and health guru, we could all be doing ourselves a huge favour if we all followed the slow ageing movement.

Mother-of-two Kate Marie, who co-wrote *Fast Living, Slow Ageing* with Professor Merlin Christopher Thomas, believes Australians are increasingly under pressure to perform both at work and at home with things such as email taking over our lives.



Author Kate Marie reveals the secret to slow ageing. Picture: Supplied Source: Supplied



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