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## Retire with Health! (Paperback)

By Jonathan Robbins

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The traditional view of retirement is deeply etched with imagined scenes of senile decrepitude and a multitude of negative images. Not anymore. Prepare to be freed from your misconceptions! This revolutionary book is based on the extraordinary way in which the globe-trotting and highly successful Mr Jonathan Robbins, used nutrition and exercise to create health during retirement. Robbins is a man who discovered the secrets of a very comfortable retirement whilst still a teenager in the Mid-West. The book explores the principles of breaking free from the rat-race and claiming the kind of freedom and lifestyle that most people can only dream about. Mr Robbins discusses: The problems with the way we re taught to get stressed The drawbacks of getting hooked on toxic food The dangers of compromising health to impress others The curse of being over-weight The beautiful, cost effective ways to feel better at retirement The benefits of introducing delicious food and wondrous exercise into your daily life Helpful hints that can improve your lifestyle The ground rules for finding your energy back Becoming a hugely healthy person...



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