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GROW YOUTHFUL

**A PRACTICAL GUIDE TO
SLOWING YOUR AGEING**

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ravages of aging. A must read for anyone who is
seeking a healthier future!*

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galvanizing ideas however lived on and their audacity has influenced countless political movements since Their stories remain an inspiration for everyone who seeks to build a better world for all who ask What should the future look like Praise for Paradise Now Uncommonly smart and beautifully written a triumph of scholarship and narration five stand alone community studies and a coherent often spellbinding history of the United States during its tumultuous first half century Although never less than evenhanded and sometimes deliciously wry Jennings writes with obvious affection for his subjects To read Paradise Now is to be dazzled humbled and occasionally flabbergasted by the amount of energy and talent sacrificed at utopia s altar The New York Times Book Review Writing an impartial respectful account of these philanthropies and follies is no small task but Mr Jennings largely pulls it off with insight and aplomb Indulgently sympathetic to the utopian impulse in general he tells a good story His explanations of the various reformist credos are patient thought provoking and entertaining The Wall Street Journal As a tour guide Jennings is thoughtful engaging and witty in the right doses He makes the subject his own with fresh eyes and a crisp narrative rich with detail In the end Jennings writes the communards disregard for the world as it exists sealed their fate But in revisiting their stories he makes a compelling case that our present day deficit of imagination could be similarly fated San Francisco Chronicle *Literary and Historical Miscellanies* George Bancroft,1855

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