

**DR FRANK LIPMAN**

New York Times bestselling author of *The New Health Rules*

# YOUNG AND SLIM FOR LIFE

Previously published as *10 Reasons You Feel Old and Get Fat*

**10 ESSENTIAL STEPS**  
to Achieve Total Vitality and  
Kick-Start Weight Loss That Lasts

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## YOUNG AND SLIM FOR LIFE

10 Essential Steps to Achieve Total Vitality  
and Kick-Start Weight Loss That Lasts

**DR FRANK LIPMAN**

**Give your body what it truly needs to stay  
healthy, slim and vibrant with Dr Lipman's  
Revitalize Programme!**

### DESCRIPTION

Why is it that we experience weight gain, fatigue, aches and pains, illnesses and memory loss as we get older? And, more importantly, do we have to? These ailments do become more common in our 30s and 40s, but they are by no means inevitable. In fact, we are perfectly capable of remaining slim and vigorous, and our brains can absolutely stay clear and sharp - if we give them what they need. The problem is that most of us don't do that. We don't realize what our bodies need, so we eat the wrong foods, skimp on sleep and deprive our bodies of the movement they crave. Most insidious of all, many of us lack the personal support and the community that we need to feel fully alive. Instead, we buy into the myth that age means decline.

In his latest book, Dr Frank Lipman breaks through the common myths and misconceptions surrounding ageing and dieting, and zeroes in on what you need to do in order to feel your very best. He reveals the role of insulin resistance and carbohydrate intolerance, gut and hormonal imbalances, sleep disorders, medications and supplements, and community support on health. Dr Lipman also shares a Revitalize Programme to allow you to feel better than you ever imagined. You will learn:

- delicious, nutritious recipes to support you along the way
- handy shopping lists and meal plans
- simple exercises, meditation practices and restorative yoga sequences
- information about powerful anti-ageing and digestive supplements and vitamins ... and more!

### SALES AND MARKETING

- Dr Lipman is the author of three books on health, including the *New York Times* bestseller *The New Health Rules*.
- His work is supported by fellow doctors Mark Hyman and David Perlmutter, as well as many of his celebrity clients, including Gwyneth Paltrow, Arianna Huffington and Bobbie Brown.
- Author has frequently been featured in major magazines, such as *Vogue*, *Harper's Bazaar*, *Marie Claire*, *InStyle* and *Glamour*.
- Authoritative information from doctor with 35 years of experience.
- Guaranteed serialization in major national newspaper.

### AUTHOR BIOG

**DR FRANK LIPMAN** is one of the top pioneers in the field of integrative medicine in the USA. A leading international speaker on health and wellness, Dr Lipman is the author of four books including the *New York Times* bestseller *The New Health Rules*. He has been featured in publications such as *Men's Health* and *Vogue*, and is a regular contributor to *The Huffington Post* and *Goop*.

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