



## Thinner This Year: A Younger Next Year Book

By Chris Crowley, Jennifer Satchek

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**Thinner This Year: A Younger Next Year Book** By Chris Crowley, Jennifer Satchek

Now in paperback, the latest book in the *New York Times* bestselling, one-million-copy-plus Younger Next Year franchise. The book that tells every reader how to lose weight, discover new vitality, and get in the best shape of your life. The book with the no-nonsense, no-BS, no-shortcuts approach. The book that shows that there's a revolution in aging going on. The book that is the how-to of that revolution.

Chris Crowley, the memorable patient and coauthor of *Younger Next Year*, partners with Jen Satchek, a nutritionist and fitness expert from Tufts University, and in lively, alternating chapters they spell out a weight-loss plan that will have readers losing up to 25 pounds in the first six months?and, much more significantly, keeping it off next year, and the year after, and so on, for life. The message is straightforward and based on the most up-to-date nutritional science: resist the added-fat, added-sugar concoctions created by the food industry; skip the supplements; pile on fruits and vegetables to your heart's content, but it's OK to eat lean meats, too; and don't drink your calories. And exercise! With its simple, fully illustrated program of 25 "sacred exercises," here is everything the reader needs to build muscle, protect joints, add mobility, and put off 70% of the normal problems associated with aging and eliminate 50% of serious illness and injury.

*"Clear, concise, well-balanced nutritious diet plan. Realistic exercise . . . [and] the combo of the authors?nutrition scientist and witty writer?makes this an easy-to-read volume with loads of timely, science-based information."*

?Madelyn Fernstrom, Diet and Nutrition Editor, *TODAY* and NBCNews.com

*"Chock-full of easy recipes, meal plans, and exercise diagrams."*

?*The Wall Street Journal*

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### Editorial Review

#### Review

“A great combo of diet and exercise, with an easy to understand format. Clear, concise, well-balanced nutritious diet plan. Realistic exercise. The combo of the authors’ nutrition scientist and witty writer makes this an easy to read volume with loads of timely, science based information. Helps each reader create their own story for weight loss.

--Madelyn Fernstrom, TODAY diet and nutrition editor, NBCNews.com

*(Wall Street Journal)*

“Chock-full of easy recipes, meal plans, and exercise diagrams.”

--*Wall Street Journal*

*(USA Today)*

“Sensible guidance about food and fitness served with a side of humor.”

--*USA Today*

#### About the Author

Chris Crowley is Dr. Lodge's 80-year-old patient—the relentless drum-beater for YOUNGER NEXT YEAR and the living proof that Harry’s Rules work: It *is* possible to turn back the biological clock.

Jen Sacheck, Ph.D., is a nutritionist and exercise physiologist at the Friedman School of Nutrition Science and Policy at Tufts University. Dr. Sacheck lives in Concord, Massachusetts.

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