

[E-BOOK] Stop Acting Your Age, Start Living Your Life (Youth'n Anti-Aging Book)

## Stop Acting Your Age, Start Living Your Life (Youth'n Anti-Aging Book)

*Dr. David James Demko PhD*

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**Dr. David James Demko PhD : Stop Acting Your Age, Start Living Your Life (Youth'n Anti-Aging Book)**  
before purchasing it in order to gage whether or not it would be worth my time, and all praised Stop Acting Your Age, Start Living Your Life (Youth'n Anti-Aging Book):

0 of 0 people found the following review helpful. Inordinate CuriosityBy Inordinate CuriosityI have been a

Zoomer/AgeVenture "groupie" for years. The online magazine is multi-faceted and consistently readable. All of Dr. David Demko's books are in my home library. Books alive with valuable information. The past literary gems featured pages of addresses, phone numbers and links. Always something to use now or hang on to for future needs. Each book had its own personality and new material. One volume building and adding to the next. Having said this about past books, I truly expected this one to be an exceptional effort with ever-expanding resources and research. "Stop Acting Your Age, Start Living Your Life", was not just as good as the preceding ones.....it is the BEST one! Love the book and the presentation of new avenues to travel on the path to a healthy and content life.... physically and mentally and emotionally. My one suggestion....read the book all the way through and resist the temptation to dash to the computer to type in one of the many links provided. And there are many. I was not 100% successful in the "patience" department, but tried to restrain myself. Read all the way through, then make a list prioritizing your needs and interest. This will keep you occupied for a long time. As always, Dr. Demko's list of "go to" internet links is a literary cornucopia. Feast on it!

0 of 0 people found the following review helpful. Excellent!By MonicaocoatlDr. Demko is an Excellent writer and instructor!The book is awesome!I know Dr. Demko not only as an instructor but also as a writer. The book makes us think all the time about the most important people in our lives and how to forget that we are actually aging and just go and live our lives healthier and happier.

1 of 1 people found the following review helpful. A great Boomer-bookBy Barbara WaxmanAs an executive and life coach for adults midlife and better, I am regularly in conversations about the fact that age no longer defines us--it's the stage we are in that is most important. Dr. David Demko covers all of the most important topics: Nutrition, Cognitive Fitness, Physical Fitness, Social Connections, Spirituality and more. Well done!

Youth'n Up your life! Use this lifestyle guide to become a ZOOMER ... a boomer with Zip! Discover the 9, research-based elements of Total Fitness: memory-enhancing exercises, nutritional Super Foods, weight management that works, longevity diets and cardio-exercises that match your personality profile, renew your energy and strength, expand your social networks, achieve secure retirement-readiness ... and live the life you were born to live! Welcome aboard ZOOMER NATION, where "Retirement is more a state of mind, than a stage of life."

Dr. Demko's research appeared on NBC Today, Fox Friends, CBS, NPR, NY Post, Readers' Digest, Forbes, Glamour. Samples of praise:- Demko coins ZOOMER ~ AARP Global Net- A-list of sources on age ~Palm Beach Post- one of our favorite guests ~SONY TV- a new attitude about age ~ NYT- the age guru ~ MAXIM- we loved your interviews ~ BBC London Stop Acting Your Age: Start Living Your Life,"expert on aging offers advice on how to remain youthful ... packed-to-the-gills effort ... touches on any and every topic ... inspiring stories of Zoomers ("Boomers with Zip"), individuals who take up running or discover their inner entrepreneur later in life" ~ Publishers WeeklyDemko's approach is refreshingly different; the author covers the entire spectrum of how to be a "Boomer with ZIP." He prescribes a formula that, if followed, has the potential to improve every Boomer's quality of life. Stop Acting Your Age, Start Living Your Life is a valuable addition to baby-boom literature. ~ForeWord Clarion About the AuthorA University of Michigan doctoral graduate, Dr. Demko holds certifications in gerontology (University of Michigan), geriatric assessment (USF-Medical), and retirement planning leadership (AARP). Since 1998, Demko has served as editor of AgeVenture longevity magazine, ZOOMER lifestyle magazine, and authored five books on successful aging and retirement planning. David's affiliations include: tenured Professor at Miami Dade Honors College, National Press Club member and centennial sponsor, American Sociological Association member and sponsor, and he is a certified Master Teacher (NCSPD). Civic groups have commended Demko's contributions to Black History, Hispanic Heritage, College Governance, Teaching Excellence, and Health Policy. He is the recipient of the Ronald Reagan Congressional Gold Medal for Public Service, and received three White House Commissions on Aging under Presidents Reagan, Clinton, and Bush.