

# The Longevity Bible: 8 Essential Strategies For Keeping Your Mind Sharp And Your Body Young

**Gary W Small Gigi Vorgan**

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The Longevity Bible: 8 Essential Strategies for Keeping Your Mind Sharp for Keeping Your Mind Sharp and Your Body Young available in The Longevity Bible, Gary Small Gigi Vorgan. - Fishpond.co.nz Nov 3, 2011. 8 New Ways To Boost Your Memory. and Aging Research Center and author of The Longevity Bible: 8 Essential Strategies for Keeping Your Mind Sharp and Your Body Young. damage from free radicals created by everyday metabolic action, such as the processing of glucose by the body's cells. Gary Small M.D. Psychology Today May 22, 2006. Details of the healthy strategies employed in the study also are highlighted in Small's new today, The Longevity Bible: 8 Essential Strategies for Keeping Your Mind Sharp and Your Body Young Hyperion, New York, 2006. Small notes that stress causes the body to release cortisol, a hormone that can The Longevity Bible: 8 Essential Strategies for Keeping Your Mind. The Longevity Bible: 8 Essential Strategies for Keeping Your Mind Sharp and Your Body Young. 1. 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