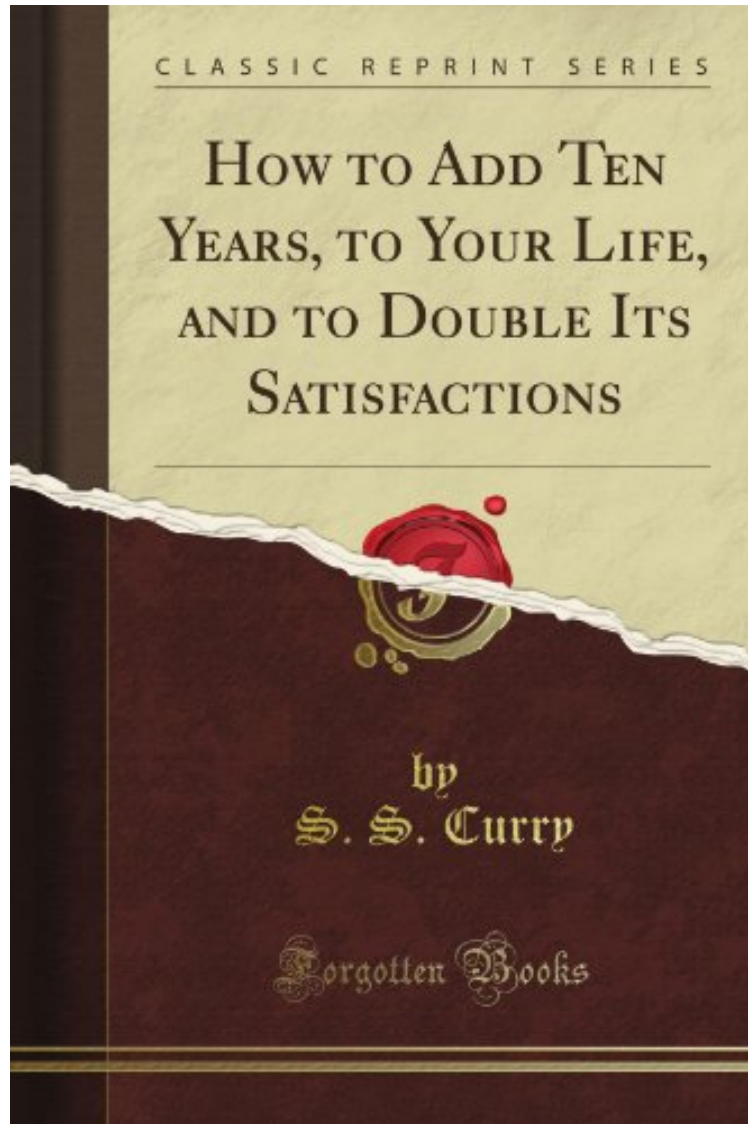


(Read now) How to Add Ten Years, to Your Life, and to Double Its Satisfactions (Classic Reprint)

How to Add Ten Years, to Your Life, and to Double Its Satisfactions (Classic Reprint)

S. S. Curry

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S. S. Curry : How to Add Ten Years, to Your Life, and to Double Its Satisfactions (Classic Reprint) before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Add Ten Years, to Your Life, and to Double Its Satisfactions (Classic Reprint):

5 of 5 people found the following review helpful. A few points about health; without going deeply into the principles involvedBy Ali JuliaThis book was written in 1915. Even though I don't disagree with the general premise of this book

that morning exercise is good for you, I did not enjoy the book. The author provides anecdotal evidence that exercising early in the morning prolongs life. In author's words the book can be summarized this way: "This book embodies a few points about health; without going deeply into the principles involved, a short programme is given, the practice of which has already accomplished marvelous results." The book consists of the following chapters: Why and Wherefore I. Significance of Morning II. Supposed Secrets of Health and Long Life III. What is an Exercise? IV. Program of Exercises V. How to Practice the Exercises VI. Actions of Every Day Life VII. Work and Play VIII. Significance of Night and Sleep The first chapter is dedicated to the "miracle of the morning" where the author retells several stories of various positive experiences which happen in the morning hours. This is where things began going wrong for me. The chapter felt disjointed and unconvincing. I quickly began to lose interest. The book lists 32 exercises. Here a summary of three of them: people should walk, laugh, breath deeply. I cannot disagree, but would not consider it instructional either. Parts of the book seemed like meandering rantings which seemed long and boring. It was a struggle to finish reading it. Ali Julia review 0 of 0 people found the following review helpful. Three Stars By janmeh 0 of 0 people found the following review helpful. Five Stars By Reader Excellent Foundation Literature on this subject. Well written and stands as seminal treatise.

To Those Who Loyalloy Responded to The Dream And to Those Who By Thought, Word or Act Will Aid The School of Expression To Perform Its Important Function In Education. QUI TRANSTULIT SUSTINET As ancient exile at the close of day, Paused on his countrys farthest hills to view Those valleys sinking in the distant blue Where all the joys and hopes of childhood lay; So now across the years our thoughts will stray To those whose hearts were ever brave and true, Who gave the hope and faith from which we drew The strength to climb thus far upon our way. As he amid the rocks and twilight gray, Saw rocks and steeps transform to stairs, and knew He wandered not alone; so may we too See this, our tentless crag where wild winds play AB ethel rise, and we here wake to know That down and upward angels come and go. (Typographical errors above are due to OCR software and don't occur in the book.) About the Publisher Forgotten Books is a publisher of historical writings, such as: Philosophy, Classics, Science, Religion, History, Folklore and Mythology. Forgotten Books' Classic Reprint Series utilizes the latest technology to regenerate facsimiles of historically important writings. Careful attention has been made to accurately preserve the original format of each page whilst digitally enhancing the aged text. Read books online for free at www.forgottenbooks.org