



HOW A WOMAN AGES : Growing Older: What to Expect and What You Can Do About it

By Henig, Robin Marantz; & the Editors of Esquire Magazine

Ballantine/Esquire Press, New York, NY, 1985. Soft Cover. Book Condition: New. First Edition, 5th Printing. NEW COPY w/trace wear to softcover. Female physiology. A discourse on changes to the physical body with the passage of time, and what one can, and cannot, do the arrest the process of aging. Comprehensive in subject matter, an enlightening guide. A reminder: The first baby tooth begins to decay on its very emergence. 12 chapters: 1, How a Woman Ages; 2, The Shape of Things to Come; 3, A Wrinkle in Time; 4, Teeth, Bones & Joints; 5, Babies & Beyond; 6, The Heart of the Matter; 7, Breathing Easy; 8, You are What You Eat; 9, The Sensuous Woman; 10, Still Sexy at Sixty; 11, The Myth of Senility; and 12, Future Stock.

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