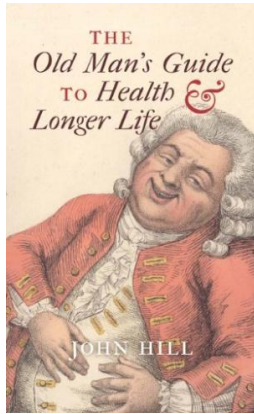


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THE OLD MAN'S GUIDE TO HEALTH AND LONGER LIFE



The British Library Publishing Division. Hardback. Book Condition: new. BRAND NEW, The Old Man's Guide to Health and Longer Life, John Hill, First published in the mid-eighteenth century, The Old Man's Guide to Health and Longer Life is a lifestyle guide to longevity and good health for old men. Written in an age when the majority of the population didn't live to see their 40th birthday, it provides practical advice on diet, exercise and lifestyle, including sleep and emotional health....

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- Authored by John Hill
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