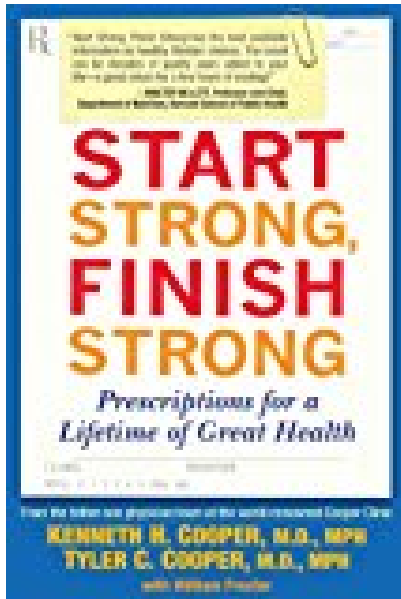


# Start Strong Finish Strong Prescriptions for a Lifetime of Great Health

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## BOOK DETAILS

- Author : Kenneth Cooper M.D. MPH
- Pages : 432 Pages
- Publisher : Avery
- Language : English
- ISBN : 1583333185

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## **BOOK SYNOPSIS**

Arguing that an age-related physical decline is not an inevitable process, a guide to overcoming chronic pain while staying active outlines seven steps that promote a range of desired benefits, from maintaining flexibility and promoting overall health to overcoming substance abuse and avoiding injury.

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