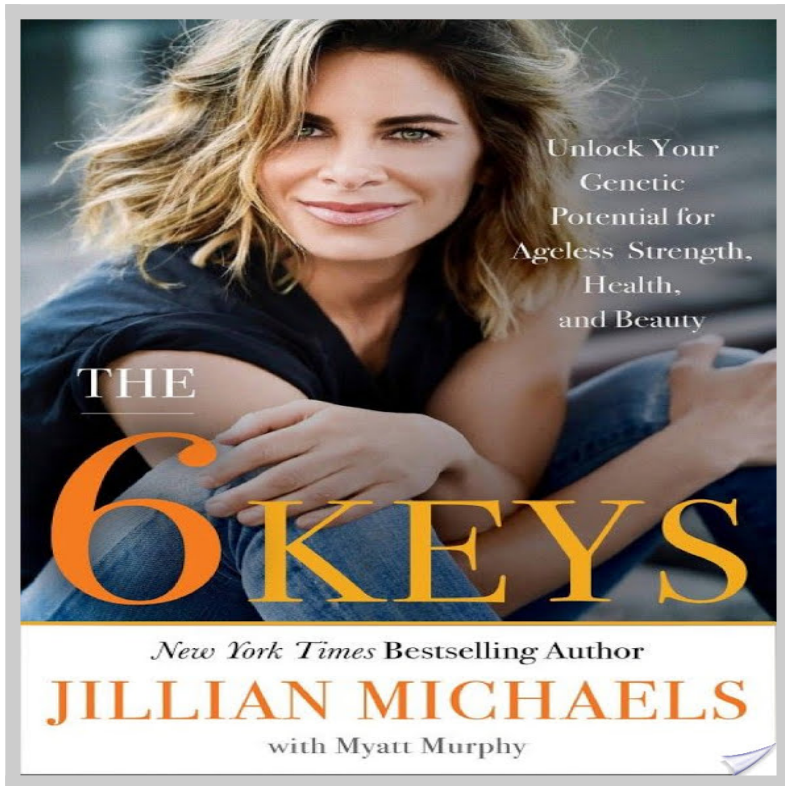


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The 6 Keys Book Preview

Reverse the effects of aging and maintain optimal health for life through the revolutionary 6 Keys program by New York Times-bestselling author Jillian Michaels. With *Master Your Metabolism*, Jillian Michaels showed us how to take control of the metabolic machinery underneath our weight and health struggles. Now she's ahead of the curve again -- conquering the mayhem, myths, and misunderstandings associated with aging. After all, if you can decide your weight, why not your age? Scientists and doctors have identified six major age inciters: metabolism damaged macromolecules epigenetics inflammation stress adaptation telomeres The 6 Keys presents an ageless health, fitness, and beauty plan that addresses all six of them -- and gets them working for you instead of against you. Empowering and rigorously researched, The 6 Keys outlines powerful lifestyle interventions, dietary guidelines, exercise plans, and vanguard strategies for cultivating mindfulness that restore and protect human performance, keeping you fit, healthy, and beautiful for life.