

"I think after 100th day, you have a tremendous life." — Judith Reichman, M.D., author of *Slow Your Clock Down*, a book that shows how to live longer, healthier, and feeling great in the process. — *Good Housekeeping*

SLOW YOUR CLOCK DOWN

A WOMAN'S
COMPLETE GUIDE
TO A YOUNGER,
HEALTHIER YOU



JUDITH REICHMAN, M.D.

New York Times Bestselling Author and
Medical Correspondent for the *Today Show*

Slow Your Clock Down

David Langford



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