



101 Waysto Stay Young

By Richard de Meath

Createspace, United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Every book begins with a single thought. In this instance, the thought was more a flash of divine inspiration, something that came to me in the middle of the night and refused to go away. Over the following weeks, I quietly approached one hundred friends, associates and close relations. I briefly outlined the project, while at the same time exploring their thoughts. Within less than a week, I began to receive a remarkable response from across the world. To cover every option and receive as broad a response as possible, I asked each writer to contact his or her friends, spreading the net as widely as possible. I offered very little guidance, preferring instead to see what divine inspirations came back from each contributor. The only guideline I gave was to ask each writer to write an article of some three hundred words. I little imagined that within the matter of a few short days an enormous torrent of replies would overwhelm me. It was truly delightful to find so many shared the same thoughts, whilst others offered...



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-- **Dr. Haskell Osinski**