



Ancient Secret of the Fountain of Youth Book 2: Book 2

Peter Kelder

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Picking up where Peter Kelder's remarkable book left off, "Ancient Secret of the Fountain of Youth, Book 2" completes the Fountain of Youth health programme, with detailed information on a variety of topics discussed only fleetingly in the original bestseller: the history and origins of the Five Rites, valuable insights about how the Rites work, diet suggestions, and easy-to-follow exercises. Illustrated with fifty black-and-white photographs, this guide will help turn back the hands of time, invigorating and energizing readers' lives as never before. As its title suggests the book's message is one of compelling concern to just about anyone interested in their own wellbeing. So make time to turn back the clock, and achieve the health and vitality you've always dreamed of.

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