

chair yoga for beginners youtube

Chair yoga for beginners youtube offers a fantastic, accessible entry point into the world of yoga, making it an ideal choice for those new to the practice or seeking a gentler form. This comprehensive guide explores why chair yoga is so beneficial, how to find the best YouTube resources, essential poses, and how to safely incorporate it into your routine. We'll delve into the numerous physical and mental advantages, including improved flexibility, strength, and stress reduction, all achievable from the comfort of your own home and guided by expert instructors online. Discover how chair yoga can revolutionize your well-being, making yoga achievable for everyone, regardless of age or physical limitations.

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What is Chair Yoga and Why Choose it for Beginners?

Chair yoga is a modified form of traditional yoga that utilizes a chair for support, making it an inclusive and adaptable practice. This approach significantly lowers the barrier to entry, allowing individuals who may have mobility issues, balance concerns, or simply prefer a less physically demanding workout to experience the benefits of yoga. The chair provides stability, enabling practitioners to focus on breathwork, alignment, and mindful movement without the fear of falling or overexertion. For beginners, this means gaining confidence and building a solid foundation in yoga principles in a safe and supportive environment. The reliance on a chair also means that individuals can practice in virtually any setting, whether it's their living room, office, or even a hotel room, making it incredibly convenient.

The growing popularity of chair yoga on YouTube is a testament to its effectiveness and accessibility. Platforms like YouTube offer a vast library of free resources, from short, targeted sequences to longer, full-body practices, all led by experienced instructors. This visual medium allows beginners to easily follow along, observe proper form, and understand the nuances of each pose. The ability to pause, rewind, and replay segments ensures that learners can progress at their own pace, mastering each movement before moving on. Therefore, when searching for "chair yoga for beginners youtube," you are tapping into a rich and readily available source of guidance for a transformative practice.

Benefits of Chair Yoga for Beginners

The advantages of incorporating chair yoga into a beginner's routine are numerous and far-reaching, impacting both physical and mental well-being. Physically, chair yoga can lead to significant

improvements in flexibility and range of motion. Gentle stretches and movements performed while seated or using the chair for support can release tension in the spine, hips, and shoulders, areas that often become tight from prolonged sitting or inactivity. This increased flexibility can alleviate common aches and pains and contribute to better posture.

Beyond flexibility, chair yoga also offers a gentle yet effective way to build strength. Poses that involve engaging core muscles, extending limbs, and maintaining stability through the chair help to tone and strengthen muscles throughout the body. This can be particularly beneficial for older adults or those recovering from injury, as it provides a safe way to regain muscular strength without the impact of floor-based exercises. Furthermore, the practice can improve circulation, aiding in the delivery of oxygen and nutrients to cells, which can boost energy levels and promote overall health.

On a mental and emotional level, chair yoga is a powerful tool for stress reduction and relaxation. The focus on breath awareness, a cornerstone of yoga, helps to calm the nervous system and quiet the mind. By synchronizing breath with movement, practitioners can enter a state of mindfulness, reducing anxiety and promoting a sense of peace. The gentle nature of chair yoga also fosters self-compassion and body acceptance, empowering individuals to connect with their bodies in a positive and nurturing way. This mindful practice can also enhance concentration and mental clarity, translating to improved focus in daily tasks.

How to Find the Best Chair Yoga for Beginners YouTube Channels

Navigating the vast landscape of YouTube to find the perfect "chair yoga for beginners youtube" resource requires a strategic approach. The first step is to be specific in your search terms. While "chair yoga for beginners youtube" is a great starting point, consider adding terms like "gentle," "short sequence," "seated yoga," or "yoga for seniors" if you have particular needs or time constraints. Pay attention to the video thumbnails and titles; they often give a good indication of the instructor's style and the type of practice offered.

Once you find a few promising videos, it's crucial to evaluate the instructor's credentials and teaching style. Look for instructors who provide clear, concise instructions and demonstrate proper alignment. A good instructor will also offer modifications for different levels and encourage listening to one's body. Read the comments section to gauge other viewers' experiences; positive feedback regarding the instructor's clarity, the effectiveness of the practice, and the overall atmosphere can be very telling. Some channels specialize in chair yoga, offering playlists dedicated to beginners or specific benefits like flexibility or stress relief. Experimenting with different channels and instructors is key to finding a voice and style that resonates with you.

- Look for instructors with clear vocal cues and visual demonstrations.
- Check for videos that offer modifications for different flexibility levels.
- Read comments to get an idea of other users' experiences.

- Consider channels that have a consistent upload schedule and a good variety of chair yoga content.
- Prioritize instructors who emphasize safety and mindful movement.

Essential Chair Yoga Poses for Beginners

Several foundational chair yoga poses are particularly well-suited for beginners, offering a gentle introduction to yoga's principles while providing tangible benefits. These poses focus on opening the body, improving posture, and encouraging mindful breathing, all from the secure base of a chair. Understanding these basic postures is key to a successful and rewarding chair yoga practice.

Seated Cat-Cow Pose

The Seated Cat-Cow is an excellent pose for warming up the spine. Sit tall with your hands resting on your knees. As you inhale, arch your back, draw your shoulder blades together, and lift your chest and gaze (Cow pose). As you exhale, round your spine, tuck your chin to your chest, and draw your navel towards your spine (Cat pose). Repeat this flow several times, coordinating your breath with the movement. This pose helps to increase spinal flexibility and release tension in the back.

Seated Spinal Twist

This twist is designed to gently detoxify the body and improve spinal mobility. Sit tall with your feet flat on the floor. Inhale and lengthen your spine. As you exhale, gently twist your torso to the right, placing your left hand on your right knee and your right hand on the back or seat of the chair. Keep your hips facing forward and twist from your thoracic spine. Inhale to lengthen, exhale to deepen the twist. Hold for a few breaths, then gently return to center and repeat on the other side. This pose also aids in improving digestion and relieving back pain.

Seated Forward Fold

While a full forward fold might be challenging, a seated version provides a gentle hamstring stretch and a calming effect. Sit towards the edge of your chair with your feet hip-width apart. Inhale and lengthen your spine. As you exhale, hinge at your hips and fold your torso forward, allowing your hands to rest on your thighs or the floor, or even gently on the chair in front of you. Avoid forcing the stretch; focus on creating length in your spine and a gentle release in the hamstrings. This pose helps to calm the mind and relieve stress.

Seated Leg Extensions

These extensions help to strengthen the quadriceps and improve circulation in the legs. Sit tall with your feet flat on the floor. Inhale and extend one leg straight out in front of you, flexing your foot so your toes point upwards. Hold for a few breaths, engaging your thigh muscle. Exhale and lower the leg. Repeat on the other side. This simple movement is excellent for building lower body strength and can be easily modified by holding the extension for longer or repeating more repetitions.

Seated Arm and Shoulder Stretches

Tension often accumulates in the upper body, and chair yoga offers targeted relief. For shoulder rolls, sit tall and gently roll your shoulders forward, up towards your ears, back, and down. Repeat in the opposite direction. For arm circles, extend your arms out to the sides and make small circles, gradually increasing the size. You can also do overhead arm reaches, inhaling as you lift your arms towards the ceiling, and exhaling as you lower them. These movements help to improve mobility and reduce stiffness in the neck, shoulders, and arms.

Getting Started with Chair Yoga: Tips for Success

Embarking on your chair yoga journey through YouTube videos should be a smooth and empowering experience. The first and most critical tip is to choose the right chair. Opt for a sturdy chair with a firm seat that does not have wheels. Ensure it is at a comfortable height, allowing your feet to rest flat on the floor with your knees bent at approximately a 90-degree angle. Avoid chairs with armrests that might obstruct your movement or provide too much reliance. The chair is a tool for support, not a crutch.

Secondly, create a conducive environment for your practice. Find a quiet space where you won't be interrupted, allowing you to fully immerse yourself in the practice. Dim the lighting, perhaps light a candle, and ensure the temperature is comfortable. Wear loose, comfortable clothing that allows for ease of movement. It's also beneficial to have a yoga mat or a non-slip surface beneath your feet, even though you're using a chair, to prevent any accidental slips. Hydration is also important; keep a glass of water nearby, but avoid drinking large amounts immediately before or during your practice.

Finally, listen to your body and practice mindfulness. Chair yoga is about gentle movement and self-awareness. Never push yourself into pain. If a pose feels uncomfortable or causes any strain, ease back or skip it altogether. The beauty of "chair yoga for beginners youtube" is the ability to pause and adjust as needed. Focus on your breath; it's your guide. Observe how each movement affects your body and mind. Consistency is more important than intensity. Aim for short, regular sessions rather than infrequent, long ones to build a sustainable practice.

Integrating Chair Yoga into Your Daily Routine

The true power of chair yoga for beginners lies in its seamless integration into everyday life, transforming sedentary moments into opportunities for movement and mindfulness. One of the most effective ways to incorporate chair yoga is by dedicating specific times of the day to your practice. For instance, you can start your morning with a short, energizing chair yoga sequence before diving into your day's tasks, or use it as a mid-afternoon reset to combat fatigue and stiffness. Even a 10-15 minute session can make a significant difference.

Consider using your existing daily activities as cues for chair yoga. If you typically take a break after an hour of work, dedicate that break to a quick seated stretch or twist. If you have a commute, perhaps you can use a few minutes upon arrival or before leaving to practice some seated poses. Many people find success by setting reminders on their phones to prompt them to move and practice. The accessibility of "chair yoga for beginners youtube" means you can pull up a video anytime, anywhere, making it incredibly convenient to seize these opportunities.

Beyond scheduled sessions, look for informal opportunities. If you find yourself waiting for a kettle to boil, a computer program to load, or a webpage to refresh, use that moment for a few deep breaths, a gentle neck roll, or a seated spinal twist. These micro-practices, when accumulated throughout the day, contribute significantly to improved physical health, reduced stress, and increased overall well-being. The goal is to make chair yoga a natural and effortless part of your lifestyle, rather than an added chore.

By consistently weaving these accessible yoga practices into the fabric of your day, you'll gradually notice enhanced flexibility, reduced discomfort, and a greater sense of calm and presence. The key is to be patient with yourself and celebrate the small victories. Chair yoga empowers you to take charge of your health and well-being, one seated pose at a time, making it a truly sustainable and rewarding practice for anyone seeking a gentler path to yoga.

Q: What are the main differences between regular yoga and chair yoga?

A: The primary difference lies in the use of a chair for support in chair yoga, making it more accessible for individuals with mobility limitations, balance issues, or those new to yoga. Regular yoga typically involves floor poses and more dynamic movements.

Q: How often should beginners practice chair yoga using YouTube videos?

A: For beginners, consistency is key. Aim for 3-5 times a week, even if the sessions are short (10-20 minutes). As you get more comfortable, you can gradually increase the frequency and duration.

Q: Can chair yoga help with back pain?

A: Yes, many chair yoga poses are designed to gently stretch and strengthen the muscles that support the spine, which can help alleviate and prevent back pain. Poses like seated cat-cow and spinal twists are particularly beneficial.

Q: What kind of chair is best for chair yoga?

A: A sturdy, stable chair without wheels is ideal. It should be at a height that allows your feet to rest flat on the floor with your knees bent at about a 90-degree angle. Avoid chairs with armrests that might hinder your movement.

Q: Do I need any special equipment for chair yoga?

A: Generally, no. The chair is the main prop. Some people like to use a yoga mat or non-slip rug under their feet for added stability, and comfortable clothing is recommended.

Q: How do I know if a YouTube chair yoga instructor is good for beginners?

A: Look for instructors who offer clear verbal cues, demonstrate poses effectively, provide modifications for different levels, emphasize safety, and have positive reviews from other beginners.

Q: Can chair yoga help with weight loss?

A: While chair yoga is not primarily a cardiovascular workout for significant weight loss, it can contribute by building lean muscle mass, improving metabolism, and encouraging healthier lifestyle choices through its stress-reducing and mindfulness benefits.

Chair Yoga For Beginners Youtube

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chair yoga for beginners youtube: Discover Chair Yoga: Gentle Fitness for Seniors and Beginners, Seated Exercises for Health and Wellbeing Jessica Peters, 2024-04-04 10 Easy Chair Yoga Poses With Pictures Discover the power of chair yoga with 'Discover Chair Yoga: Gentle Fitness for Seniors and Beginners, Seated Exercises for Health and Wellbeing.' Designed specifically for Yoga beginners, this comprehensive guide offers a gentle introduction to daily chair yoga, providing a safe and accessible way to enhance flexibility, strength, and balance from the comfort of your home. Benefits Include: Improve flexibility and range of motion Strengthen muscles and improve posture Reduce joint pain and stiffness Enhance relaxation and reduce stress levels Cultivate a sense of inner peace and well-being With a daily routine featuring easy-to-follow chair yoga poses, you'll discover how to improve mobility, reduce stress, and cultivate a sense of inner peace with just a few minutes of practice each day. From seated stretches and gentle twists to relaxation techniques and breathwork, this book covers it all, empowering you to embrace the

benefits of chair yoga at any age. Whether you are seeking relief from joint pain, looking to improve posture, or simply wanting to enhance your overall well-being, 'Discover Chair Yoga' is your essential companion on the journey to greater health and vitality. Get your copy now and embark on a path towards a happier, healthier you!

chair yoga for beginners youtube: *Managing Cholesterol For Dummies* Simon Poole, Amy Riolo, 2025-10-06 Take charge of your heart health with this guide to managing cholesterol. *Managing Cholesterol For Dummies* demystifies cholesterol and clearly offers effective solutions for prevention, management, and lowering it which have changed in recent years. This approachable guide helps you understand why balancing overall cholesterol is important, and what you can do to improve your numbers and keep them in check. It also navigates the latest lifestyle tips, medical treatments, complementary therapies, and culinary nutrition research available to keep your heart in shape. You'll also learn what cholesterol really is, how it's formed and linked to inflammatory processes you can reverse, and why it's never too early to think about keeping cholesterol regulated. If you're managing an existing condition, this book will help you make sure you're on a treatment path that works for you. This Dummies guide lays it all out in a clear way, so you can get your cholesterol questions answered without feeling overwhelmed. Learn how to maintain good health and reduce the risk of diseases linked to high cholesterol. Get the latest cholesterol insights, like oxidized LDL cholesterol and why it matters. Make mouthwatering recipes packed with fiber, antioxidants, and healthful fats to fight inflammation. Decide on a treatment plan, including medications and complementary therapies, that's right for you. For anyone dealing with elevated cholesterol or helping a loved one manage their numbers—and for people who want to avoid high cholesterol altogether—*Managing Cholesterol For Dummies* covers all the must-know information for staying healthy.

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the fields of primary care, internal medicine, and related specialties will find this book to be of special relevance. Now more than ever, the complexities of leading an academic medical practice present a unique challenge. This book, both comprehensive and practical, will help to overcome these challenges today and in the years to come.

chair yoga for beginners youtube: Crash Course in Library Services for Seniors Ann Roberts, Stephanie G. Bauman, 2012-05-31 A comprehensive guide to creating dynamic, successful, and innovative library programs that cater to the specialized needs of older adults—an important and growing user group. Crash Course in Library Services for Seniors provides a refreshingly positive approach to working with older adults—one that focuses on the positive effects of aging on patrons, and the many opportunities that libraries can create for themselves by offering top-notch services delivered with a concierge mindset. The book offers page after page of great programming ideas specifically for reaching out to Baby Boomers and older customers—a population that is predicted to double over the next 20 years. Organized in only six chapters, this easy-to-read book provides practical suggestions for making any library a welcoming place for older adults, covering topics such as assessment, planning, programming, services, marketing, and evaluation. This title will be invaluable to public librarians interested in expanding and improving their current programming for older adults within their community, and for those looking to create entirely new programming for seniors.

chair yoga for beginners youtube: Chair Yoga and Gentle Exercises Barrett Williams, ChatGPT, 2025-06-26 Discover the transformative power of movement with *Chair Yoga and Gentle Exercises*, the ultimate guide to nurturing your body and mind from the comfort of your chair. Whether you're a senior looking to enhance your strength and balance, someone with limited mobility seeking ways to stay active, or simply new to the world of yoga, this book serves as your personal coach on the journey to health and wellness. Begin your exploration with a comprehensive introduction to chair yoga, uncovering its rich history and core principles. With each turn of the page, you'll gain insight into the myriad benefits this practice offers, from boosting physical health and emotional well-being to fostering social connections within your community. Tailored specifically to meet diverse needs, *Chair Yoga and Gentle Exercises* includes sections dedicated to seniors and individuals with limited mobility. Learn to adapt movements and overcome physical barriers with detailed guidance that emphasizes safety, comfort, and efficacy. Prepare for your sessions with tips on setting up the perfect space, selecting the right chair, and gathering essential props. Unlock the secrets of effective breathing with a full chapter devoted to Pranayama and breath awareness techniques, enhancing your relaxation and mindfulness practices. Step-by-step instructions on foundational poses help build your routine, focusing on consistency and the balance of intensity. Incorporate mindfulness into your sessions to experience a deeper sense of presence and appreciation. Explore guided routines tailored to energize your mornings, rejuvenate your afternoons, and calm your evenings. Venture beyond chair yoga with gentle exercise forms like light resistance training and Tai Chi. Enrich your lifestyle with expert advice on nutrition and hydration, ensure your journey is supported by community resources, and be inspired by real stories of transformation. Join those who have embraced a healthier, more active lifestyle with *Chair Yoga and Gentle Exercises*. Your path to wellness begins today.

chair yoga for beginners youtube: Snap out of It Ellen Teitelman Wohl, 2022-06-21 In Snap Out of It: An Unexpected Caregivers Way to Self-Care, Stability, and Survival, author Ellen Teitelman Wohl shares her honest, emotional?—sometimes funny?—memoir of the continuing struggle to keep life whole while her husband Jack's health falls apart, over and over again: bipolar disorder, coronary artery disease, lung cancer, diabetes, and normal pressure hydrocephalus, among other medical conditions. While Jack has a remarkable team of doctors treating him, Ellen only has herself to rely on. As the unexpected caregiver, she deals with anxiety, frustration, and exhaustion day after day. She thinks something is wrong with her, but she eventually learns that caregiver burnout is real. Her inner-strength and resilience emerge through the personal discovery of “snap out of it” relief routines, self-care concepts, and ideas. The “snaps,” interspersed throughout the

narrative, share light-hearted stories, personal experiences, and techniques that form the basis of her mental getaways that include cooking, gardening, reading, exercising, laughing, and more. Ellen finally discovers support groups and guidance, which she shares in this memoir. Her curated resource guide leads you to websites, apps, and support groups dedicated to caregivers.

chair yoga for beginners youtube: Chair Yoga for Seniors Lynn Lehmkuhl, 2020-04-07 One of the biggest concerns among aging men and women is the fear of falling. Chair yoga, or “yoga while seated,” allows anyone to experience all of the benefits of an exercise program without being afraid. In *Chair Yoga for Seniors*, registered yoga practitioner and instructor Lynn Lehmkuhl offers readers easy-to-follow yoga positions and stretches that can be done at home, while sitting down. *Chair Yoga for Seniors* outlines the physical and mental benefits that come with practicing yoga daily, and provides instructions for numerous different exercises, including: Full body warm ups Joint rolls Beginner routines Intermediate routines Expert routines Full body cool downs The routines found in *Chair Yoga for Seniors* can help readers make daily exercise a reality and provide invaluable benefits such as increased energy and a boost in confidence.

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chair yoga for beginners youtube: Adapting Chair Yoga for Every Body Finlay Wilson, 2025-09-18 Open your yoga practice to every body with this essential guide to accessible chair yoga. Based in the author's years of experience working with amputees and people with disabilities of all types, the book expands the movement vocabulary, creating space to adapt poses and movements for your students' unique accessibility needs. From backbends and twists to core work and balancing poses, every part of each sequence is approached with adaptability in mind, allowing teachers and students alike to focus on what they can do, whatever their physical ability or requirements. The book offers suggestions on how to begin your practice, breathwork, and meditation, as well as sample sequences and teaching plans to help you carry the principles of adaptive yoga into your future classes with flexibility and openness.

chair yoga for beginners youtube: Your Aging Body Can Talk Susan Levy, 2017-06-12 Written by a chiropractor and alternative health practitioner with over 30 years of experience, this book addresses health and wellbeing of body, mind and spirit for an aging population (50+). Uniquely, this material is presented through the lens of Clinical Kinesiology. This simple self-help tool of muscle-testing allows readers to find out what their own body knows and needs. They learn that the body "speaks" through either strong or weak muscle responses to questions asked or situations presented, and are instructed in how to do this simple self-testing for a variety of health issues. Stories of other seniors who have used this methodology to their benefit provide a platform for acceptance and motivation, and each chapter contains specific recommendations for its use. How to become a "wise elder" is another unique emphasis of this book. The author encourages us to learn from many different cultures and traditions a more life-positive view of aging. In fact, she coins the word "Youthing" to describe such a re-orienting of mind, purpose and activity toward optimum vibrancy and flexibility, leading to longevity. Stories of successful transitions into elderhood give hope to those who are confused or anxious about becoming older. Since the body's health is intimately related to that of mind and emotions, a Youthing approach will be characterized by equanimity, gratitude, forgiveness and dynamic relationship with others. Her many exercises and suggestions are designed to encourage readers to value themselves as worthwhile wisdom contributors. "You can assume the stance of a respected elder," she declares, "even if the surrounding culture does not immediately support that." In other words, readers are invited to "be the change" they want to effect. Far from being a scholarly or scientific text, *Your Aging Body Can Talk* is written for immediate use by maturing practitioners or laypersons. Throughout the book, the concerns of an aging population are consistently placed in the forefront: How to develop an anti-inflammation diet and lifestyle The factors that affect longevity How to build cognitive health and brain vibrancy How to find or refine your life's purpose, no matter what your age Why detoxification is so essential, at any age.

chair yoga for beginners youtube: Toward Healthy Aging - E-Book Theris A. Touhy, Kathleen F Jett, 2022-07-10 **American Journal of Nursing (AJN) Book of the Year Awards, 1st Place in Gerontologic Nursing, 2023** **Selected for Doody's Core Titles® 2024 in Geriatrics** Provide holistic, compassionate nursing care for older adults! Based on evidence-based protocols, *Toward Healthy Aging*, 11th Edition helps you master gerontological nursing skills with an approach that focuses on health, wholeness, and the potential in aging. In promoting healthy aging, the text emphasizes caring and respect for the person. Special sections provide an honest look at the universal experience of aging. Written by gerontological nursing experts Theris A. Touhy and Kathleen F. Jett, this classic text helps you learn to apply scientific research, build critical thinking skills, and prepare for success on the NCLEX® exam and in clinical practice. - Promoting Healthy Aging: Implications for Gerontological Nursing sections help you apply concepts to assessments and interventions. - A Student Speaks and An Elder Speaks sections at the beginning of every chapter provide perspectives of older people and nursing students. - Nursing Studies provide practice examples designed to assist you in assessment, planning, interventions, and outcomes to promote healthy aging. - Learning objectives in every chapter introduce important content and define learning goals and expectations. - Key concepts provide a concise review of the most important

points found in each chapter. - Critical Thinking Questions and Activities help you apply concepts and build clinical judgment skills. - Safety Alerts emphasize QSEN competencies and safety issues related to care of older adults. - Tips for Best Practice boxes summarize evidence-based nursing interventions for practice. - Research Highlights boxes summarize important research studies in the field of gerontology - Research Questions include suggestions and ideas for pursuing nursing research. - Healthy People boxes reference the goals cited in Healthy People 2020. - NEW! Next Generation NCLEX® (NGN) examination-style case studies at the end of chapters include questions to help you prepare for the NGN exam. - NEW! Completely updated content helps you develop clinical judgment skills, identified by the NCSBN and the AACN as a key attribute of professional nursing. - NEW! Updated topics include COPD guidelines, theories of aging, medication use and misuse, palliative care, wound care guidelines, genomic research, and LGBT family relationships and sexuality in older adults.

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How to answer people when they ask: How old are you? What did you do before you retired? Why buy that, you won't live long enough to enjoy it? Can you jump? The pros and cons of retirement homes Dating and meeting new friends Exercise Living alone and being comfortable doing it You will meet several real (older) people who are actively working in their careers and a few fictional people from the plays Snowbirds and Duo who won't let age prevent them from living full, active lives. You will read articles such as... Complaints from a Crabby (formerly nice) person Still in the game Computers and me Simplify your life Mini views and quotes are advice and sayings scattered throughout the book •Friends with benefits friends who can drive at night. •As soon as I think I'm too old to do something, I immediately do it. •He--Let's run upstairs and make love. •She-- Honey, I can't do both. Young for a Very Long Time offers light-hearted, practical, informative, and sometimes funny information about getting older. After all, the book asks, what is the alternative?

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