

# **Young For Life: The Easy No-Diet, No-Sweat Plan To Look And Feel 10 Years Younger By Marilyn Diamond**

**By Marilyn Diamond**

Young for Life: The Easy No-Diet, No-Sweat Plan to Look and Feel Ten Years Younger By Marilyn Diamond and Dr. Donald Rock Schnell Rodale Books, 2013

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Diamond, Marilyn (2010). *Fit for Life*. Marilyn (2013). *Young for Life: The Easy No-Diet, No-sweat Plan to Look and Feel 10 Years Younger*.

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diet, no-sweat plan to look and feel 10 years Marilyn Diamond and Dr. Donald "Rock" Schnell transformed their health through a radical lifestyle overhaul that

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Dr Rock profiles Name Search. First He is the head researcher and co-author with Marilyn Diamond of *Young for Life: The No-Diet, No-Sweat Plan to Look and Feel 10*

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