

RoseDog Books

Doctor & Author Publishes Book on Anti-Aging

This Book is a Guide to Proven Anti-Aging Methods

Well-Being Tools for Optimal Aging, a new book by Marina Ustinova, MD, has been released by RoseDog Books.

Aging is inevitable, but anti-aging practices can make a world of difference in our appearance, health, energy level, and overall well-being. In this book, Marina Ustinova, MD shows us how to achieve anti-aging qualities and a youthful attitude through body/mind medicine, kundalini yoga, and energy rejuvenation. *Well-Being Tools for Optimal Aging* is for everyone who wants to know themselves and their bodies better for a higher quality of life. It is also written for medical professionals to gain an understanding of the connection between the physical and subtle bodies.

Gravity is a key reason why we experience negative qualities of aging, and these insights will share how to create a lighter energy of gravity and change the frequency of energy vibration to greatly impact well-being. Youth is associated with joy, an abundance of energy, and hope for future achievement. By following the insights in this modern interpretation of natural, ancient practices, we can experience a more youthful feeling and appearance. Ustinova offers a valuable guide for daily anti-aging practices, and a full 7-week lifestyle program filled with practical tools for rejuvenation that we can do at home.

About the Author

Marina Ustinova, MD is an accomplished practitioner in the growing field of Anti-Aging, Yoga, and Body/Mind Medicine. She previously authored the (currently in Russian only) book *Evolution of Love* and produced the acclaimed DVD, *Yoga for Rejuvenation*. Marina has spearheaded Body/Mind Medicine Workshops in Russia and USA. She earned her doctorate in Russia, a postdoctoral Fellowship at the California Pacific Medical Center, and, although credentialed to practice traditional medicine, she chose to focus on the study of the human soul and consciousness. Her thirst for knowledge has taken her from the renowned Carlsbad Chopra Center in Carlsbad to the Golden Bridge Yoga School in Los Angeles and the Kinetic Waves Reiki School near San Francisco.

Well-Being Tools for Optimal Aging is a 126-page hardcover with a retail price of \$35.00. The ISBN is 978-1-6442-6573-4. It was published by RoseDog Books of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at www.dorrancepressroom.com or our online bookstore at www.rosedogbookstore.com.