

## Sod Seventy

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About Sod Seventy! Sod 70! Keep fit, keep the brain going, and with a spot of good fortune you can be living a fulfilling, active life into your nineties and beyond. This book - part exercise book, part manifesto for a happier, healthier life - tells you how. Many of us approach our seventies with an unhelpful stereotype lodged in our brains.

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Sir Muir Gray is one of Britain's most senior medical figures. He pioneered breast and cervical cancer screening, and was knighted in 2005 for his work in the development of foetal, maternal and child screening programmes. He is now Director of Better Value Healthcare. Find out more on his website [www.sod70.org](http://www.sod70.org)

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Decline is not inevitable but the older we get, the greater the need for positive action if we're to stay fit and well. Sir Muir explains the how as well as the why of this and as such this book deserves to be essential reading Age UK The message of this book is that prevention is as relevant at seventy years old as at twenty.

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Sod turning sixty, make those small changes now and reap the rewards in your later decades! In the bestselling Sod Seventy! Sir Muir Gray demanded a 'bonfire of the slippers' and a reframing of what it is to be seventy and older, and how to make the most of your seventies, by closing the 'fitness gap' to stay fit and strong.

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Getting older doesn't matter. Keeping active does. Sod turning sixty, make those small changes now and reap the rewards in your later decades! In the bestselling Sod Seventy! Sir Muir Gray demanded a 'bonfire of the slippers' and a reframing of what it is to be seventy and older, and how to make the most of your seventies, by closing the 'fitness gap' to stay fit and strong. Sod Sixty! is a fun, friendly, hands on guide to navigating your sixties - a very different decade with very different demands. Find out how to get fitter whatever your 'history', how to eat healthily, how to juggle looking after yourself with the responsibilities of family, friends and work, and how to make the most of this decade of change. But this is no boot camp regime. Sod Sixty! acknowledges the reality of our daily lives, and has a balanced approach, packed with achievable, practical and realistic strategies to improve your health and wellbeing. Our sixties are often thought of as the 'turning point' decade. Use this as an opportunity to take stock - to look after yourself, reduce your risk of disease and make simple lifestyle and attitude changes that will have real impact later on. Use your sixties to make sure you face your seventies more resilient and independent rather than more vulnerable as time passes. This series appeals to anyone looking for straightforward, practical, non-faddy advice to help them stay active and healthy.

Knowing what we should or shouldn't be eating these days can feel like a bit of a minefield. Are eggs good for me? How many of them a week am I allowed? Is butter good, or should I be buying a vegetable oil spread loaded with special ingredients to lower my cholesterol? Is sugar really that bad for you? What are good fats and bad fats? Find the answers to all these questions, along with lots of recipe ideas, in this new book by bestselling nutritionist Anita Bean and bestselling author and public health consultant Sir Muir Gray. Sod It! Eat Well will arm you with the knowledge to make the 'right' food choices - and that needn't be dull! Based on the principles of the Mediterranean diet and backed up by the latest scientific research, this is no dieting plan - there are no fasting days, this is not a prescriptive day by day menu - it's all about giving you the information you need to make subtle changes to your eating habits, to get some inspiration and to encourage you to make informed healthy food decisions and reap the rewards. Accompanied by over 40 quick, healthy and easy to make recipes, this is a fun, practical guide to eating right. Lose weight, guard against common health complaints and feel better, stronger and healthier. Designed to accompany Sod Seventy! and Sod Sixty! this is a fun, accessible, tasty guide to eating well and feeling better.

A comprehensive treatment of visionary experience in some of the main texts of Jewish mysticism, this book reveals the overwhelmingly visual nature of religious experience in Jewish spirituality from antiquity through the late Middle Ages. Using phenomenological and critical historical tools, Wolfson examines Jewish mystical texts from late antiquity, pre-kabbalistic sources from the tenth to the twelfth centuries, and twelfth- and thirteenth-century kabbalistic literature. His work demonstrates that the sense of sight assumes an epistemic priority in these writings, reflecting and building upon those scriptural passages that affirm the visual nature of revelatory experience. Moreover, the author reveals an androcentric eroticism in the scopic mentality of Jewish mystics, which placed the externalized and representable form, the phallus, at the center of the visual encounter. In the visionary experience, as Wolfson describes it,

imagination serves a primary function, transmuting sensory data and rational concepts into symbols of those things beyond sense and reason. In this view, the experience of a vision is inseparable from the process of interpretation. Fundamentally challenging the conventional distinction between experience and exegesis, revelation and interpretation, Wolfson argues that for the mystics themselves, the study of texts occasioned a visual experience of the divine located in the imagination of the mystical interpreter. Thus he shows how Jewish mystics preserved the invisible transcendence of God without doing away with the visual dimension of belief.

Sod Sitting, Get Moving! is the must-have guide to keeping fit and healthy in your sixties, seventies and beyond. Specifically designed for older adults the exercises, stretches and strengthening movements will help keep you fit, strong and supple for the years ahead. You will feel better, look better and younger and reduce your risk of disability and dementia. As we get older too many of us spend our time sitting and not exercising. This is a call to arms - a bonfire of the slippers! Walk more, get moving, get exercising, get fitter, and feel better! This handy book shows you how. With easy exercise ideas created by Green Goddess and health and fitness expert Diana Moran, with text from Sir Muir Gray, author of the bestselling Sod Seventy!, this is the perfect present for yourself, or for anybody turning sixty, seventy or eighty!

Learn Torah With...Volume 2 Torah Annual contains new essays on each Torah portion with a running dialogue set beneath the text. Includes some study of Rashi and his commentary on the Torah portions.

For lovers of Sod Seventy! and Sod Sixty!, here is a fun, accessible brain training activity book designed to keep senior minds fit. Based on the latest neuroscience, Sod Memory Loss is packed with range of entertaining puzzles--including logic tests, mystery games and word games--all specially designed to boost concentration, enhance memory and sharpen cognitive powers. Ever walked in a room then forgot why you went in there? Are you forever misplacing your purse or car keys? Do you increasingly forget the names of people and places? It doesn't have to be this way! Sod Memory Loss is filled with practical advice and exercises created to keep our brains active in later life. For any of us unsure about how we should look after our aging brains, and looking for puzzles and exercises to improve mental sharpness and brain fitness, this is the perfect book!

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