



Ancient Secret of the Fountain of Youth, Book 2: A companion to the book by Peter Kelder

By Peter Kelder

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Finally, the exciting and long-awaited sequel to one of the biggest health and healing bestsellers of all time has arrived.

When Peter Kelder's **Ancient Secret of the Fountain of Youth** was released by Harbor Press in 1985, it immediately touched off an incredible sales phenomenon rivaled only by **The Celestine Prophecy** and **Conversations with God**. In this book, readers were introduced to the Tibetan Rites of Rejuvenation, a series of exercises developed over centuries in the monasteries of Tibet and credited by thousands for everything from increased energy to better memory, weight loss, and just looking and feeling younger.

Almost as quickly as the books filtered across the globe, letters began to pour in to Harbor Press requesting more information on these mysterious rites. Now, more than ten years and two million books later, comes a comprehensive companion volume that addresses the unanswered questions of so many readers.

Picking up where Kelder's book left off, **Ancient Secret of the Fountain of Youth, Book 2** provides the complete Fountain of Youth health program, 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.

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Editorial Review

Review

Praise for **Ancient Secret of the Fountain of Youth**:

"It's easy. It's fast. And it works! I love this program: it can make a tremendous difference in your health, your energy, and the way you live your life."

--John Gray, **Author of Men Are from Mars, Women Are from Venus**

"In this volume, you will be introduced to ideas, techniques, and wisdom that can empower you, enhance your health, increase your joy of living, and cause you to live longer. However, you won't notice that you're living longer. You'll be too busy enjoying life and living it fully."

--Bernie S. Siegel, M.D.,from the Foreword

"I have done the Five Rites and passed Ancient Secret of the Fountain of Youth on to many friends over the years. I recommend them without reservation."

--Martin Sheen

"These five simple exercises will make you feel young again."

--**Natural Health**

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From the Inside Flap

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Jennifer Darby:

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Kevin Roark:

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