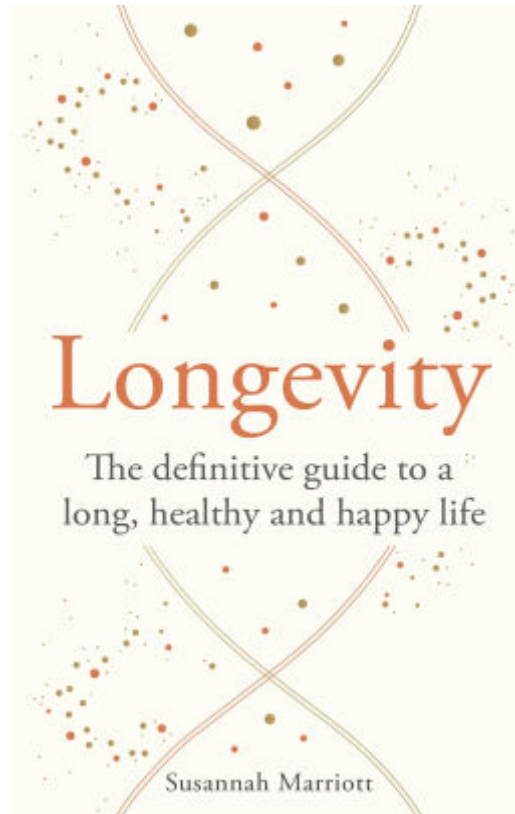


# Longevity: The definitive guide to a long, healthy and happy life

by Susannah Marriott



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