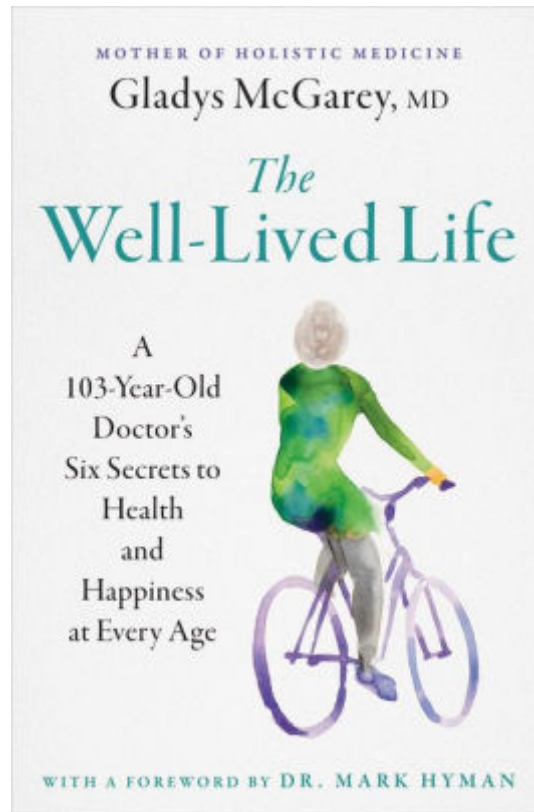


# The Well-Lived Life: A 103-Year-Old Doctor's Six Secrets to Health and Happiness at Every Age

by Gladys McGarey M.D., Mark Hyman



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