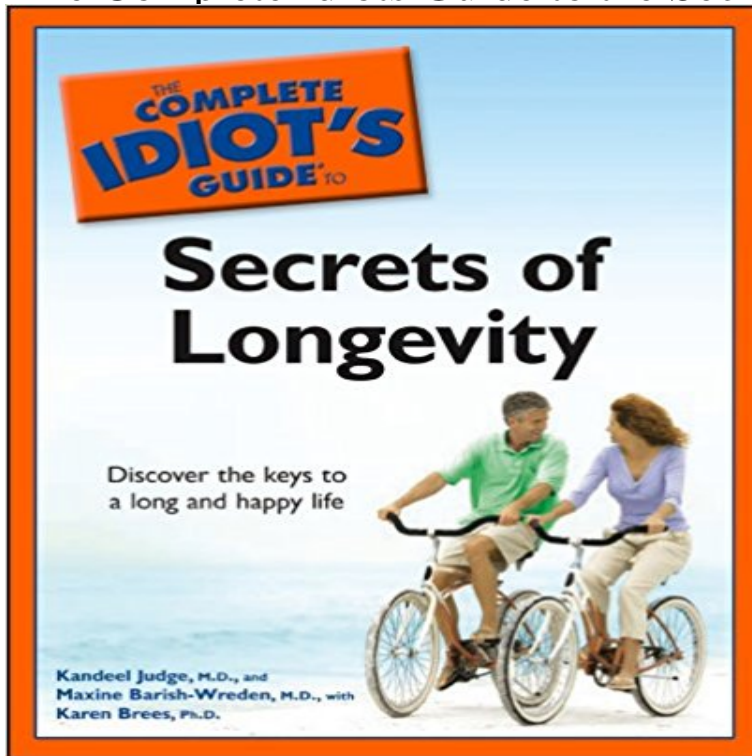


# The Complete Idiots Guide to the Secrets of Longevity



Living life to the fullest now - and later. Modern life can be dangerous to ones health. Things like burnout, excess weight, stress, lack of sleep, poor diet, and pollutants can have a negative impact on the quality of life and ultimately ones healthspan. Written by doctors, The Complete Idiots Guide to Secrets of Longevity provides a clear and easy path to unlocking the secrets to living healthier and looking younger. Readers will learn about: ?Diet, exercise and supplementation ?The pitfalls of longevity-threatening lifestyle choices involving bad relationships, harried schedules, and lack of sleep ?Insights into toxins from food, cleaning products, and cosmetics ?The incredible power of laughter, optimism, and a positive attitude

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