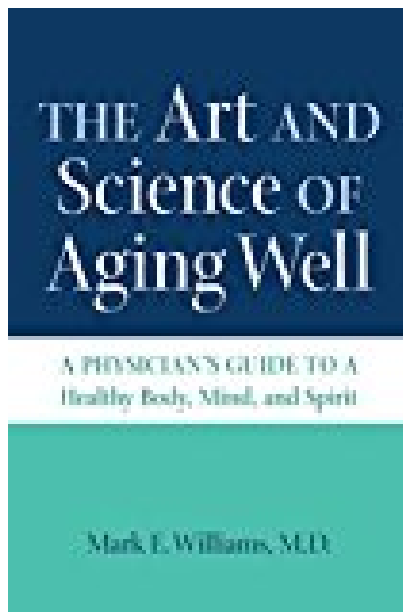


The Art and Science of Aging Well A Physicians Guide to a Healthy Body Mind and Spirit



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