



The Longevity Bible: 8 Essential Strategies for Keeping Your Mind Sharp and Your Body Young

Gary Small, Gigi Vorgan

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The old saying goes that "living well is the best revenge." In recent years that's come to signify conspicuous consumption rather than aging with good health, vitality, and a keen mind -- but all the luxury in the world won't make up for an existence that's lacking those three things. In *The Longevity Bible*, expert Dr. Gary Small offers scientifically proven -- yet still fun and exciting -- ways to keep the brain, body, and attitude young and vital well into our sixties, seventies, and beyond.

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