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LIVE

WOMAN'S GUIDE

DR. DAVID RYBACK

Look 10 Years Younger Live 10 Years Longer A Womans Guide

Jed Diamond

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Look Ten Years Younger, Live Ten Years Longer David Ryback,1995 Life expectancy for women is greater now than ever before What makes the body decline is the combined effects of inactivity poor nutrition and illness This guide provides advice backed by recent research findings for renewed strength and vitality at any age

The Publishers Weekly, 2009

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