

THE LONGEVITY SOURCEBOOK

THE FIRST BOOK TO EXAMINE THE SCIENCE OF
LIVING LONGER

- LEARN THE RECENT AND FORTHCOMING SCIENTIFIC
AND LIFESTYLE RESEARCH THAT IMPROVES
LONGEVITY
- DISCOVER THE SCIENTIFIC RESEARCH THAT REVEALS
WHY WE AGE AND HOW TO PREVENT IT
- FIND OUT WHY THE MOST SUCCESSFUL PEOPLE LIVE
LONGER AND HOW
- FIND OUT THE MOST EFFECTIVE SUPPLEMENTS
- FIND OUT THE RECENT SCIENTIFIC RESEARCH THAT
REVEALS HOW TO LIVE LONGER

DAVID SEIDMAN

Longevity Sourcebook

Yijin Wang



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