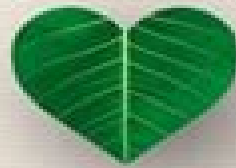


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**An Easy and Comprehensive Guide to  
Keeping Your Body Young,  
Your Mind Sharp and Your Spirit Fulfilled**

— REVISED AND UPDATED —

Nathan K. LeBrasseur, Ph.D. | Christina Chen, M.D.

# Mayo Clinic On Healthy Aging

**Arturo Cuomo**



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