

THE LONGEVITY SOURCEBOOK

THE FIRST BOOK OF SOURCE MATERIALS FOR THE STUDY OF LONGEVITY

- **RESEARCH METHODS AND APPROACHES TO LONGEVITY**
AND LIFESTYLE FACTORS AFFECTING LONGEVITY
- **RESEARCH IN THE UNITED STATES AND ABROAD: WHAT THESE
COUNTRIES ARE LEARNING FROM**
- **THE SEARCH FOR THE LONGEVITY GENES: WHAT SCIENTISTS
CONSIDER TO BE**
- **THE SEARCH FOR OTHER FACTORS AFFECTING LONGEVITY**
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