

THE
PRITIKIN
PROGRAM
for
DIET & EXERCISE

by Nathan Pritikin with Patrick M. McGrady, Jr.

Here at last is a diet and health program with an impressive record of results that will enable people of all ages to live a longer, healthier life, feeling younger, free of the ravages of the debilitating, degenerative diseases that plague modern man. Developed by Nathan Pritikin, co-author of the best-selling Live Longer Now and founder and director of the Longevity Center, this... (continued inside)

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TD Snyder



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