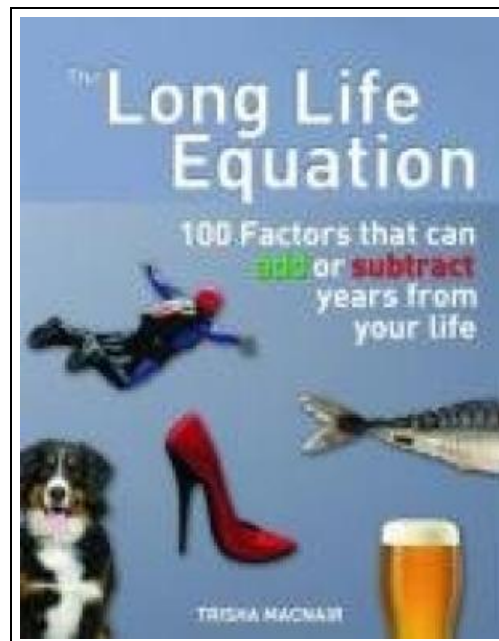


The Long Life Equation: 100 Factors That Can Add or Subtract Years from Your Life



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