

A photograph of three elderly people embracing outdoors. A woman in the center is laughing joyfully, her eyes closed and mouth open. She is being hugged from both sides by two men. The man on the left has short grey hair and is wearing a yellow shirt. The man on the right has short grey hair and is wearing an orange shirt. The background is a soft-focus green, suggesting a park or garden setting. A semi-transparent pink and yellow gradient banner is overlaid across the middle of the image, containing text.

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# **Longevity Secrets from Cultures Around the World**

# Longevity Secrets Community Favorite

**George Melnyk**



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