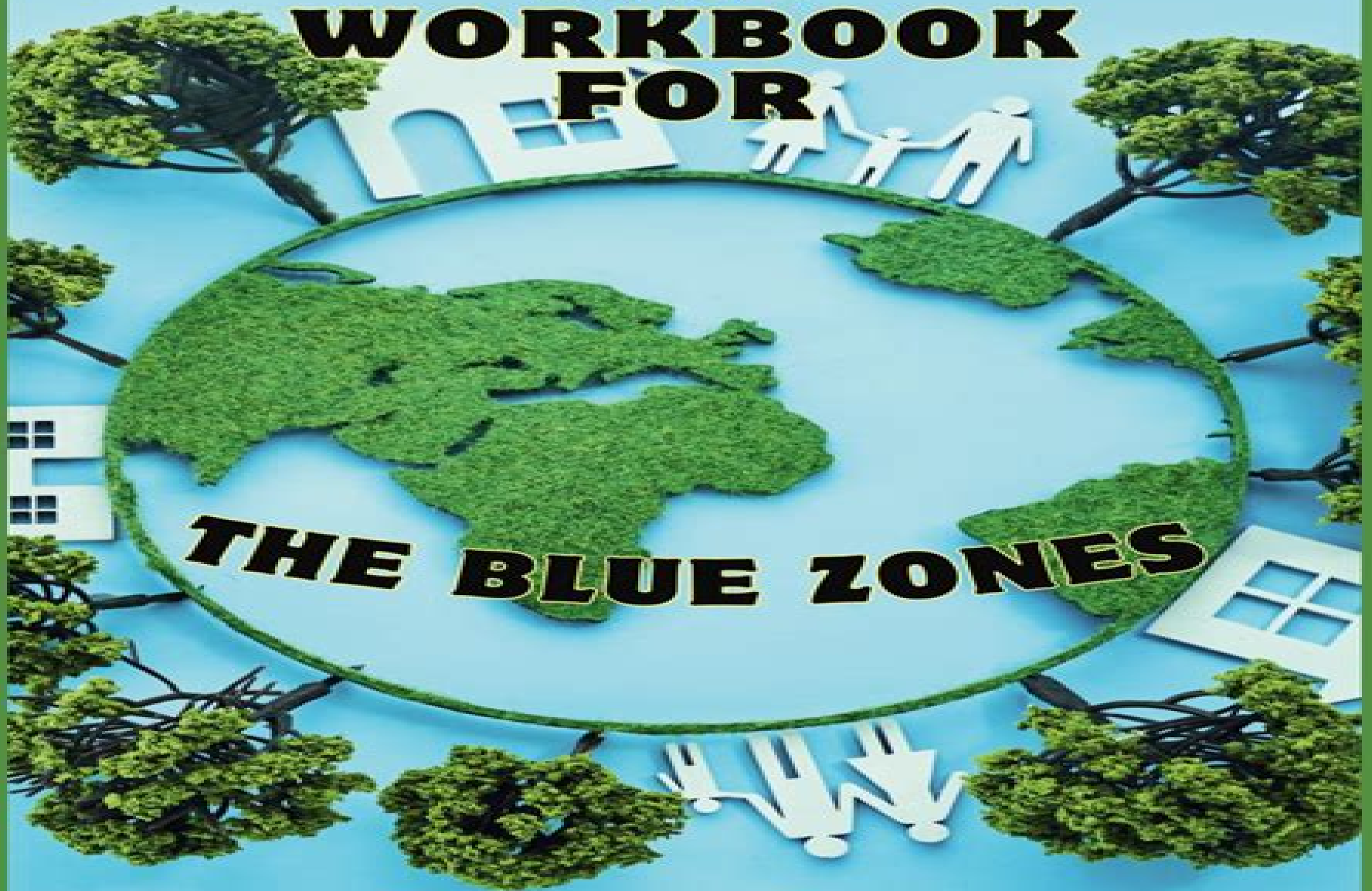


# **ANALYSIS AND WORKBOOK FOR**

## **THE BLUE ZONES**

*Longevity Secrets*



# Longevity Secrets Complete Workbook

**Ying-Ying Zheng**

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