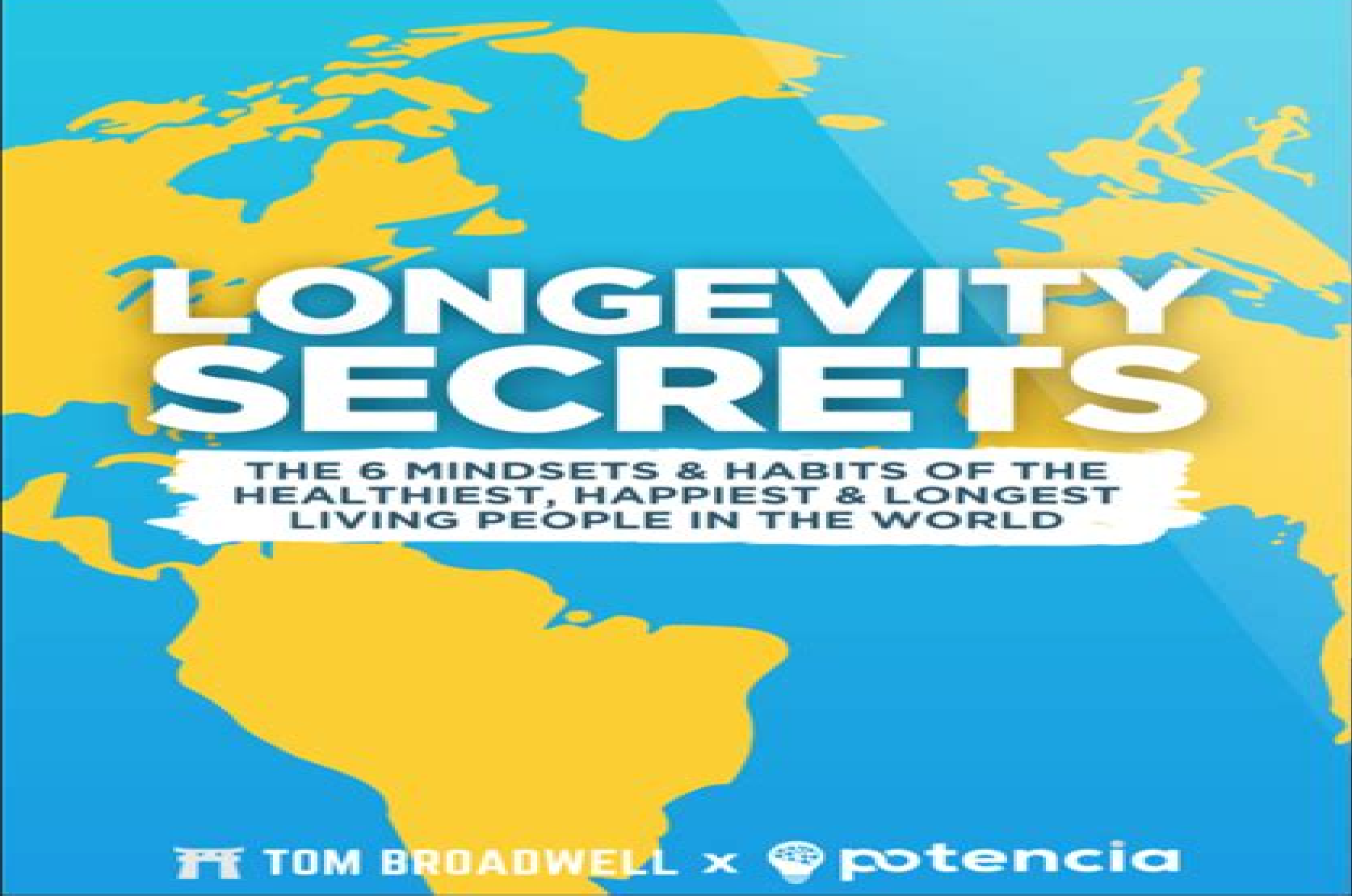


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How to Live To 100 - Diane Culik, Kyle Weed, 2015-01-05 This eBook provides a guide to living to be 100 years or older but that's only half of the goal. The other half is to feel young and healthy as you age. After all, what good is growing old if you are not healthy, vibrant, and having fun doing it? The emphasis will be on proven secrets and tips I have learned over the years that will really help you avoid some of the landmines and take advantage of what we do know as far as extending your life and staying healthy and happy. We will list the top 10 dos and the top 10 don'ts and for each give a list of facts and then a discussion. Some chapters will also include an extra helpful tips section with additional information. So in this book we will talk about the topic of aging and look at what's happened to people as they have tried to stay healthy and active as long as possible. I put together a list of a number of things that people should look at and do or not do as they go about their daily lives. I will go through them and you may love me or hate me at the end of this. I am warning you because I've got some things that I don't think are controversial but a lot of people might so we will go through them and then you can decide for yourself. The *How to Live to 100 Guidebook* will show you help you explain, reveal, teach you and give you the ability to:

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