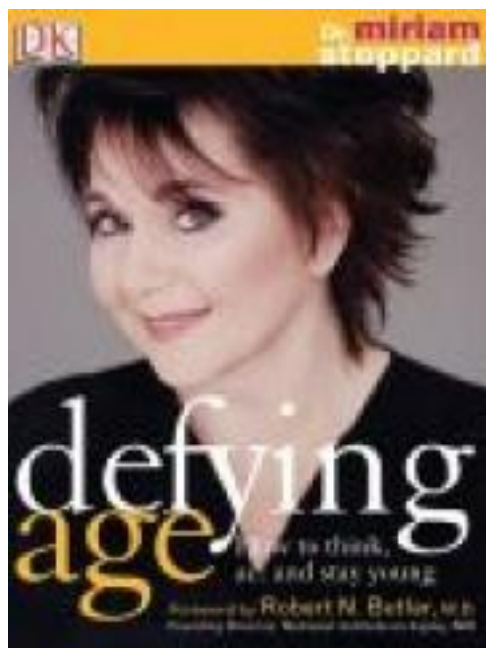


Defying Age



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著者:Miriam Stoppard

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Think, act and stay young for a healthy and fulfilling life! Beat the ageing process with the latest information on age erasing power foods and how to avoid chronic illnesses such as heart disease, diabetes, Alzheimer's and arthritis. Features instant rejuvenation techniques including beauty treatments, yoga and relaxation and tips on how to stay active painlessly as you get older. Defy your age and become as young as you feel by living well and enjoying life!

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