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by Eric R. Braverman McGraw-Hill, 2007. Break the aging code and feel 15 years younger. In the constant battle to stay young and feel fit, we will try any of the quick fixes that come on the market, including so-called miracle products, fad diets, trendy exercise programs, and untested supplements.

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Younger You: Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger Book The secret to living a longer, more vibrant life has at last been discovered, and the author explains how readers can break the aging code and feel 15 years younger--from the inside out.

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