



## 100 Ways To Stay Young

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### 100 Ways To Stay Young By Parragon Books

Packed with 100 great tips for age-defying longevity, shows you how to improve your diet, general health and fitness, and your attitude towards life. Covering everything from the best anti aging foods and body improving exercises to tips on natural beauty, meditation, and yoga. 30 great toning exercises, facial treatments, detox, relaxation, stress relief, mind/body connection, cooking techniques

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