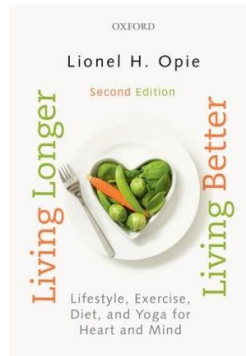


Living Longer, Living Better: Lifestyle, Exercise, Diet and Yoga for Heart and Mind



Book Review

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