



# Can We Live 150 Years?: Your Body Maintenance Handbook

*Mikhail Tombak*

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# Can We Live 150 Years?: Your Body Maintenance Handbook

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The author applies a no-nonsense approach to dieting, exercising, disease treating, and other aspects of everyday life. Our looks, longevity, as well as our physical and mental conditions result from the way we eat, breathe, and take care of all our physical and psychological needs. The question is not limited to nutrition only, as is the case of dieting programs.

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