



Secrets of Longevity

By Maoshing Ni

Chronicle Books. Paperback. Book Condition: new. BRAND NEW, Secrets of Longevity, Maoshing Ni, Looking to live a longer, happier, healthier life? Try eating more blueberries, telling the truth, and saying no to undue burdens. These are just a few of the hundreds of tips profiled in "Secrets of Longevity" a simple, no-nonsense approach to living longer. Dr. Maoshing Ni, doctor to Hollywood stars and a Tai Chi master specializing in longevity, brings together simple and unusual ways to live longer in this beautifully designed, chunky paperback, putting at the fingertips a host of proven ways to make anyone's stay on earth much, much happier.



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