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03/14/2017 07:52:24 AM

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there is a piece in the daily mail has more on seen being a parent could have had two years to life we do have a when you have children you are sleep deprived of back the telegraph feature i'd definitely suffer from that but that this this is of both feature which says that of the journal of epidemiology and community health researchers say that people who are aged 60 a father can expect to survive another 20 in his two years longer than men with no children so that's as uplifting just rejected it is uplifting a new one with a if you have children it you don't need to