



ANTI-AGING SECRETS FOR A LONGER, HEALTHIER LIFE

By Heinerma, John

Prentice Hall, Paramus, NJ, 1997. Soft Cover/Stapled. Book Condition: NEW. First Edition, 6th Printing. BRAND NEW Copy. Trim, helpful 30-page guide for healthy aging. Topics include bladder strengtheners, recipes for energy drinks, and memory sharpening exercises.



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