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karen salmansohn life is long! 50. ways to help you live a little bit closer to forever

Full E-book Life Is Long!: 50+ Ways to Help You Live a Little Bit Closer to Forever For Kindle

Get this from a library! Life is long! : 50+ ways to help you live a little bit closer to forever. [Karen Salmansohn; Sarah Ferone] -- "What if there was a gift book that could make being healthier...fun? Enter Life Is Long, a zippy collection of the top 50 tips for a long and healthy life presented in an appealing, unforgettable ...

Life Is Long!: 50 Ways to Help You Live a Little Bit Closer to Forever

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Want to live forever? This handy little guide will get you close! Best-selling author and wellness expert Karen Salmansohn presents a witty, inspiring collection of the top 50+ tips for a long and healthy life, backed by a wide range of longevity research.

Life Is Long!: 50+ Ways to Help You Live a Little Bit Closer to Forever [Karen Salmansohn] on . *FREE* shipping on qualifying offers. Want to live a little closer to forever? This easy to understand book will give you the cutting edge knowledge you need to help protect you against age-related diseases and dementia. ...

Self-help needs help. It can be tedious. It can be preachy. It can be dull and holier than thou. Its an embarrassing part of the book store to be caught in. Unless you're with Karen Salmansohn. She is a former copywriter (in fact she named the Burger King Croissanwich®) and she has great knack for reducing wisdom to memorable words.

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