



So You Wanna Live Forever?

Adam Dave MD

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SO YOU WANNA LIVE FOREVER? is a fun and light-hearted examination of the latest research on maximum lifespan; it challenges the worn-out notion that we even have to die. While some of the 20 included tips - like exercising and not smoking - are common sense, many are unsung gems sure to help you add to both the quantity and quality of your years.

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