



The secret of the 100th Happy Birthday: How to live longer and healthy

Richard Paul Mac

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Everyone aspires to live pleasantly for a long while and have a life full of vitality; it's every man and woman's ambition. Without doubt, to have a long life as we want it, genes have their impact, but maintaining a good health and fighting off time's task is not a matter of chance. Among the centenarians and super centenarians, there are some amazing genetic orientations; but overall, long-living is a whole lifestyle.

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