



# **Ancient Secret of the Fountain of Youth, Vol. 2 (Volume 2)**

*Laura Faye Taxel, Stanley S. Bass, Chet Day, Jeff Midgow, Richard Leviton*

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The complete Fountain of Youth health program, with detailed information on the history and origins of the Tibetan Five Rites of Rejuvenation (exercises designed to foster youthfulness, improve memory, and reduce weight), diet suggestions (specifically vegetarian), and easy-to-follow exercises. 50 photos.

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