

100 Ways To Live To 100

Charles B Inlander; Christine Kuehn Kelly; Inc NetLibrary

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No one really wants to think about aging, but let's face it: the habits you practice now can play a role in how long you'll live, and how much life Sure, your genes have something to do with your life span, but the doctors we spoke to agreed that you can make a big dent in your risk of chronic disease by . 10 Ways to Live to 100 TIME One Hundred Ways To Live To One Hundred . 96. Pamper yourself once a day. 97. Go fishing. 98. Smile. 99. Smell the flowers. 100. Listen to your doctor. Detroit-born chef, Jason Wrobel, dishes up a sublime fusion of food and humor as host of the new Cooking Channel special, How To Live To 100. Known as the 100 Wonderful Ways To Live To 100 - Huffington Post Let's face it, we all want to know how to live longer. And 92-year-old Deborah Szekely, who founded the first destination spa 74 years ago, knows a few things 10 Ways to Live to 100 - ABC News Register for your free report '100 ways to live to be 100'. 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On her 100th birthday, Katharine's younger son toasted her full life. "When I think of how it must feel to live through general strikes, pandemics, How to Live to 100 - US News 17 Aug 2015 . Here Are 20 Easy Ways to Live to be 100. Staying healthy and living to that century mark is getting easier and easier, even when you have HIV.