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# FRANK LIPMAN, M.D. No that These large active of The Neur Hardh Role **100** REASONS YOU FEEL OLD and GET FAT

**SLIM AND HAPPY!** 

Hay House, 2016. Paperback. Book Condition: New. 18.3 x 18.3 cm. Like most people in our society, you might see the years from the age 30 onward as a slow, painful decline marked by the following outcomes: weight gain, fatigue, mysterious aches and pains, illnesses, memory issues, low libido, and sadness and anxiety. Contrary to popular belief, the real obstacle for most of us isn't age?it's loss of function. Our bodies are perfectly capable of remaining slim and vigorous, and...

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- Authored by Lipman, Frank
- Released at 2016



#### Reviews

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