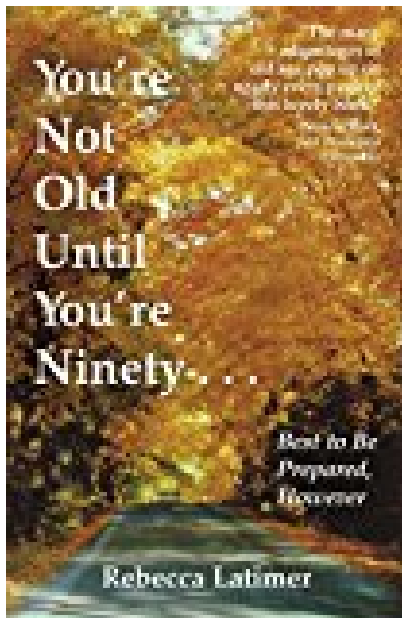


You're Not Old Until You're Ninety Best to Be Prepared However



BOOK DETAILS

- Author : Rebecca Lattimer
- Pages : 212 Pages
- Publisher : Blue Dolphin Publishing, Inc
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BOOK SYNOPSIS

Rebecca Lattimer shares her secrets, gathered over a lifetime, for reaching a happy and vigorous old age: visualization, friendship, meditation, miracles of self-healing through your own "imaginary doctor", and other personal keys to leading your life to its fullest.

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