



# Secrets of Longevity

By Maoshing Ni

Chronicle Books. Paperback. Book Condition: new. BRAND NEW, Secrets of Longevity, Maoshing Ni, Looking to live a longer, happier, healthier life? Try eating more blueberries, telling the truth, and saying no to undue burdens. These are just a few of the hundreds of tips profiled in "Secrets of Longevity" a simple, no-nonsense approach to living longer. Dr. Maoshing Ni, doctor to Hollywood stars and a Tai Chi master specializing in longevity, brings together simple and unusual ways to live longer in this beautifully designed, chunky paperback, putting at the fingertips a host of proven ways to make anyone's stay on earth much, much happier.



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A very great pdf with lucid and perfect explanations. It really is rally interesting through reading time period. You wont really feel monotony at at any moment of your own time (that's what catalogs are for about in the event you question me).

-- Keshaun Schneider

A very amazing publication with perfect and lucid information. We have read through and that i am certain that i will planning to study once more yet again in the future. You will not really feel monotony at anytime of the time (that's what catalogues are for about should you question me).

-- Matilda Hoeger V

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