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*(Prof. Abe Satterfield IV)*

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Editorial Oceano de Mexico, United States, 2017. Paperback. Condition: New. Language: Spanish . Brand New Book. All around the world people are living longer than ever, but record numbers of us are experiencing cognitive decline and other brain disorders later in life. New studies show that Alzheimer s disease is the number three cause of death in developed countries, behind heart disease and cancer. But there is good news: We now have the knowledge to extend both lifespan and mindspan, helping to ensure that our minds and bodies stay in peak form at any age. Mente joven shows that you can enjoy the richest flavors life has to offer and remain lean, healthy, and cognitively intact for a very long life.



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