

## **Longevity in action! : how to feel young and energetic at any age**

Bull, Arnold, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920552053&lokasi=lokal>

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### **Abstrak**

This lighthearted, informative book is an inspiration to not only senior citizenz, but to their offspring - the millions of Baby Boomers tentatively entering their 40s and 50s.