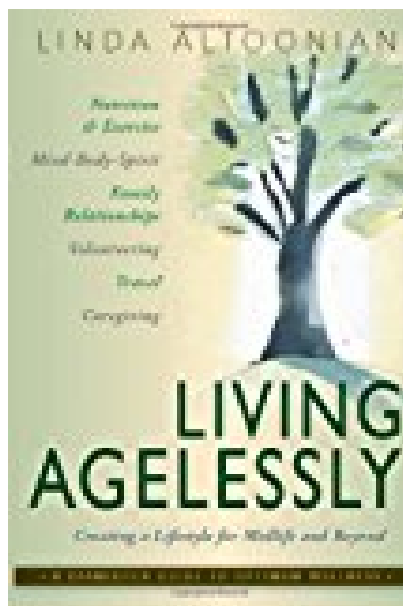


# Living Agelessly Answers to Your Most Common Questions About Aging Gracefully A DiaMedica Guide to Optimum Wellness

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## BOOK DETAILS

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## **BOOK SYNOPSIS**

Explores the practical and psychological aspects of caring for aging parents through lifestyle choices while creating a safe environment, bolstering mental activity, and promoting physical and spiritual well-being.

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