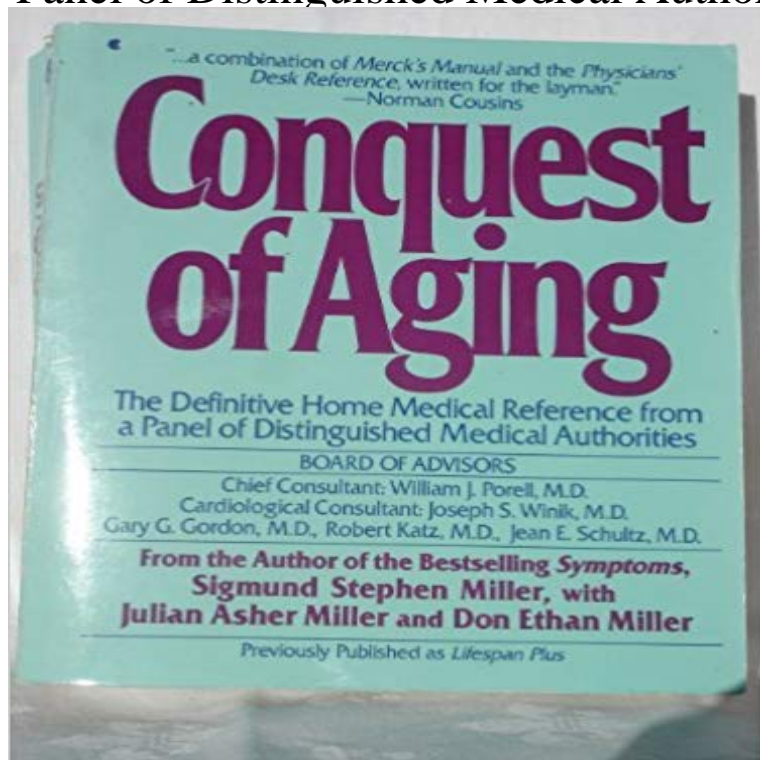


# Conquest of Aging: The Definitive Home Medical Reference from a Panel of Distinguished Medical Authorities



Conquest of Aging presents a vast repository of practical information to help you thrive and survive throughout your natural lifespan. This landmark work provides the first comprehensive plan for conquering the serious challenges of growing older that all of us confront. As the authors demonstrate, the expected decline in health, vitality, and memory is neither inevitable nor insurmountable. They chart a richly varied approach to well-being: a sensible combination of exercise, diet and an effective use of medications, in concert with a belief in oneself and a strong will to live.

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