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# Forever Young Vibrant Beginning Wellness

**chapter summaries - brain rules** - brain rules for aging well brainrules chapter summaries introduction • geroscience is the field of inquiry dedicated to studying how we age, what causes us to age, and how we can reduce the **amoris I Ætitia francis - vatican** - 3 1. t he joy of love experienced by families is also the joy of the church. as the synod fathers noted, for all the many signs of crisis in the institution of marriage, “the desire

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