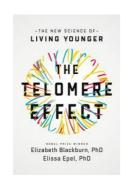
THE TELOMERE EFFECT: THE NEW SCIENCE OF LIVING YOUNGER

Groundbreaking book by the Nobel Prize Winner who discovered telomeres, telomerase, and their role in the aging process, and the psychologist who researched specific lifestyle habits to protect them and slow down disease and lengthen life. Have you wondered why some 60-year-olds look and feel like 40-year-olds and why some 40-year-olds look and feel like 60-year-olds? While many factors contribute to aging and illness, Nobel Prize-winning Doctor Elizabeth Blackburn discovered biological markers, called telomerase, the enzyme that replenishes telomeres, which protect our DNA. Dr. Blackburn discovered that the...



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