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Professor Gray is a great advocate of physical activity and exercise, especially as we are living longer. You see ageing is a natural process that happens to all of us, but you can think of it on two ways: chronological ageing and biological ageing.

Chronological ageing refers to ageing over time, literally how long you have been alive for.

~~How to live longer better — Move It  
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wake-up call that shows us how  
we can each live our best and  
longest lives through the power of  
AI in health and wealth, and how

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We must stop thinking just about treating our illnesses and focus more on our well-being, which has never been more important in this age of Covid-19. You can get the book from Amazon at a discount by clicking here (for US audiences ...

## ~~Live Longer Better~~

SUMMARY Limiting your calories may help you live longer and protect against disease. However, more human research is needed.  
2.

## ~~13 Habits Linked to a Long Life (Backed by Science)~~

But you can minimise the impact that they have on your wellbeing and quality of life, and for this reason you should not ignore

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them. You need to understand what is going on and think about what might happen so that you can take action to minimise their impact. We now know that is what you need to do so that living longer can be living longer better. Our mission in the Optimal Ageing Programme is to help people live longer better, principally by preventing or delaying the onset of dementia ...

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physically better ... Not  
surprisingly as people live longer  
the challenges they face can lead  
to an increase in depression and  
anxiety. ... the use of virtual  
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How to live longer and feel better  
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Staying healthy and prolonging  
your life span takes a lifelong  
commitment. A person has to be  
committed to a healthy lifestyle.  
A healthy lifestyle would mean

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adhering to a healthy diet and  
regular...

~~How to live longer: Chamomile  
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This is a great book. I came away from reading it with a lot of respect and admiration for Linus Pauling and his work. The world would be a far better place with more people like him in it. At the start of the book, Pauling gives a simple guide to how to live a healthier life. It's so simple, practical and inexpensive and makes so much sense.

~~How to Live Longer and Feel  
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Do we have a deal for you! Do you want more money in your pocket, to feel better, and to live

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The good news is, you don't have  
to look to the government or  
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what's ...

~~Save money, feel better, and live  
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Eating a healthy diet. Diet is  
strongly linked to longevity.  
Research has long suggested that  
following a Mediterranean diet —  
which includes plenty of fruits,  
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and ...

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