

Fast Living Slow Ageing

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MAIN AUTHORS | FAST LIVING SLOW AGING: HOW TO LIVE LONGER ...

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main authors kate marie. at the age of 40, kate felt fat and frumpy, hardly exercised, ate poorly and drank too much. with a marriage and business failure, kate was ...

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one day, at the age of 40 i woke up and realised i was well and truly glued to a ratwheel and couldn't get off. i was fast living and fast ageing.

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product description. discover what really works to slow the ageing process; read the latest science so you can learn what to do and when to do it.