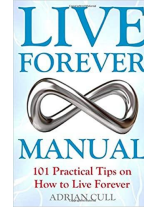


## Longevity

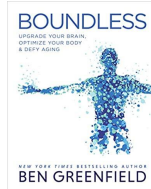
[Live Forever Manual: 101 Practical Tips on How to Live Forever](#)

Adrian Cull



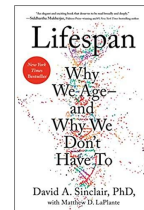
[Boundless: Upgrade Your Brain, Optimize Your Body & Defy Aging](#)

Ben Greenfield



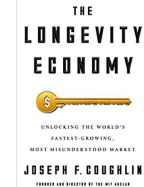
[Lifespan: Why We Age—and Why We Don't Have To](#)

David Sinclair



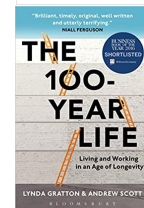
[The Longevity Economy: Unlocking the World's Fastest-Growing, Most Misunderstood Market](#)

Joseph Coughlin



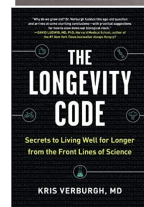
[The 100-Year Life: Living and Working in an Age of Longevity](#)

Linda Gratton



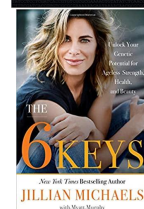
[The Longevity Code: Secrets to Living Well for Longer from the Front Lines of Science](#)

Kris Verburgh



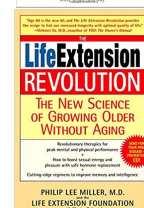
[The 6 Keys: Unlock Your Genetic Potential for Ageless Strength, Health, and Beauty](#)

Jillian Michaels



[The Life Extension Revolution: The New Science of Growing Older Without Aging](#)

Philip Lee Miller



[The Kaufmann Protocol: Why we Age and How to Stop it](#)

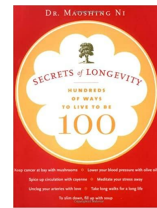
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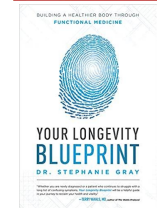
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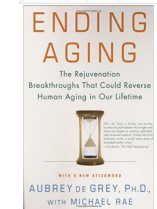
[Secrets of Longevity: Hundreds of Ways to Live to Be 100](#) Maoshing Ni



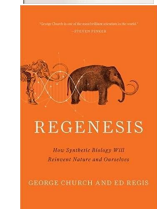
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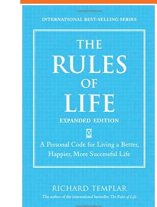
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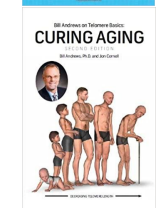
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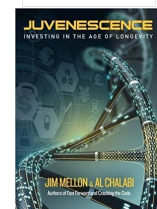
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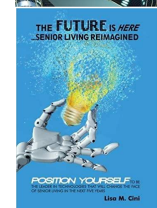
[Bill Andrews on Telomere Basics: Curing Aging](#) Bill Andrews



[Juvenescence: Investing in the age of longevity](#) Jim Mellon



[The Future Is Here: Senior Living Reimagined](#) Lisa M. Cini

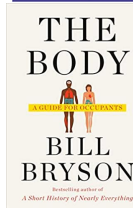


[How to Age \(The School of Life\)](#) Anne Karpf



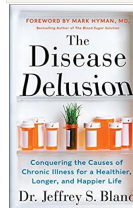
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Bill Bryson



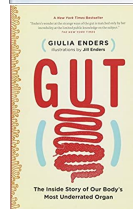
[The Disease Delusion: Conquering the Causes of Chronic Illness for a Healthier, Longer, and Happier Life](#)

Jeffrey Bland



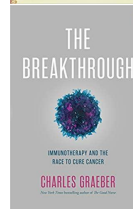
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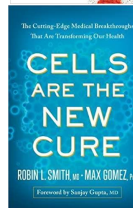
[Getting Older...It's Avoidable!: The Strategy to Keep the Youth of Your Cells and Your Body](#)

Daniel Minier



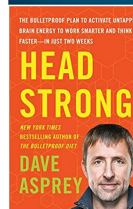
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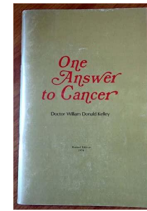
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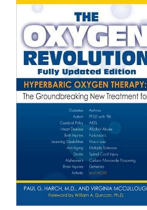
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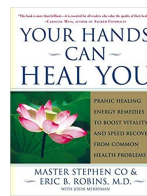


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Paul Harch

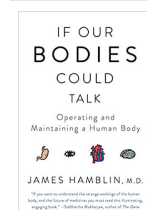


Master Stephen Co



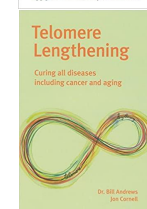
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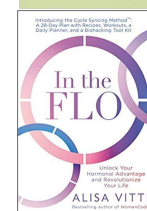
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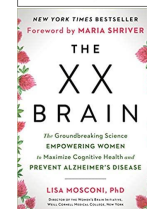
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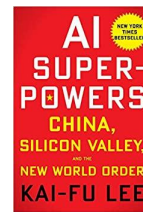
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Future

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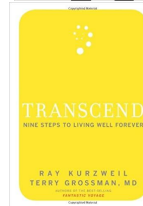
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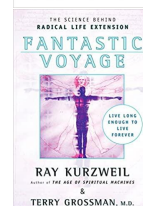
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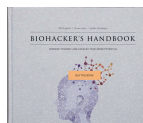
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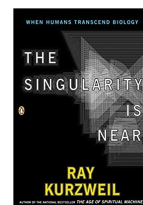
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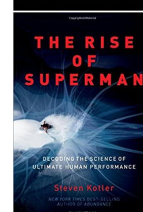
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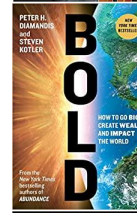
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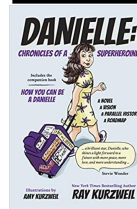
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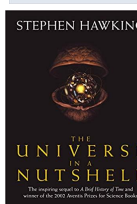
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[The Universe in a Nutshell](#)

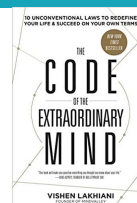
Stephen Hawking



**Lifestyle**

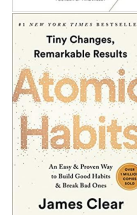
[The Code of the Extraordinary Mind: 10 Unconventional Laws to Redefine Your Life and Succeed on Your Own Terms](#)

Vishen Lakhiani



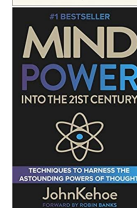
[Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones](#)

James Clear



[Mind Power into the 21st Century](#)

John Kehoe

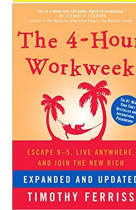




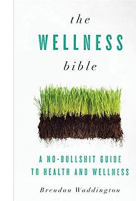
[The Happiness Hypothesis: Putting Ancient Wisdom and Philosophy to the Test of Modern Science](#) Johnathan Haidt



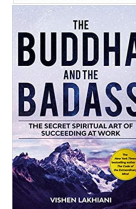
[The 4-Hour Workweek: Escape 9-5, Live Anywhere, and Join the New Rich](#) Timothy Ferris



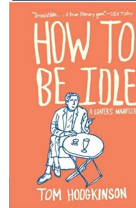
[The Wellness Bible: A No-Bullshit Guide to Health and Wellness](#) Brendan Waddington



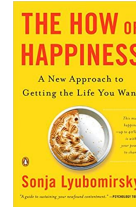
[The Buddha and the Badass: The Secret Spiritual Art of Succeeding at Work](#) Vishen Lakhiani



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[The How of Happiness: A New Approach to Getting the Life You Want](#) Sonja Lyubomirskoy

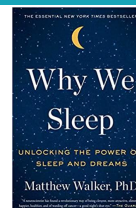


[Hive: The Simple Guide to Multigenerational Living: How our Family makes it Work](#) Lisa M Cini



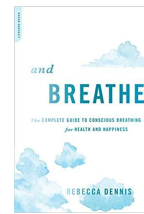
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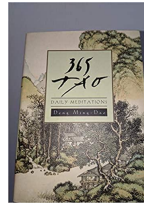
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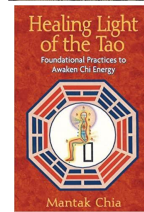
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Deng Ming-Dao



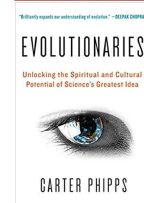
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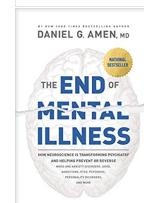
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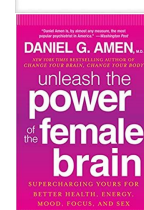
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Daniel Amen



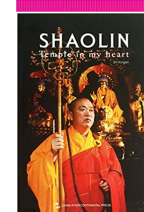
[Unleash the Power of Female Brain](#)

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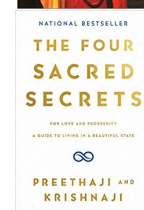
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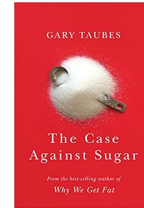




## Nutrition

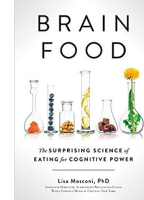
[The Case Against Sugar](#)

Gary Taubes



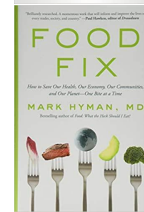
[Brain Food: The Surprising Science of Eating for Cognitive Power](#)

Lisa Mosconi



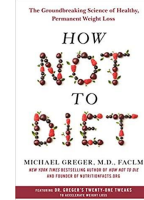
[Food Fix: How to Save Our Health, Our Economy, Our Communities, and Our Planet--One Bite at a Time](#)

Mark Hyman



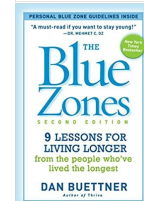
[How Not to Diet: The Groundbreaking Science of Healthy, Permanent Weight Loss](#)

Michael Greger



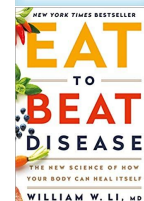
[The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest](#)

Dan Buettner



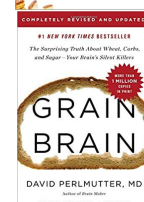
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William W Li



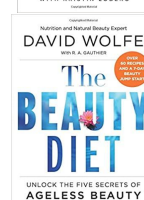
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David Perlmutter

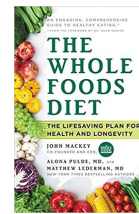


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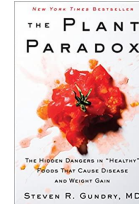
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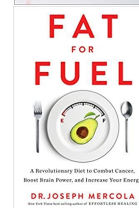
[The Whole Foods Diet: The Lifesaving Plan for Health and Longevity](#) John Mackey



[The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain](#) Steven Gundry

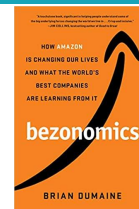


[Fat for Fuel: A Revolutionary Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy](#) Joseph Mercola

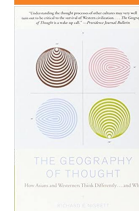


## General

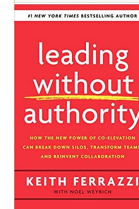
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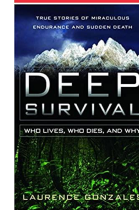
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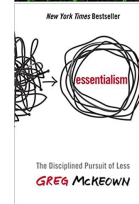
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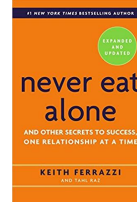
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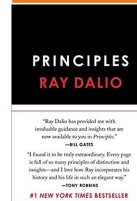
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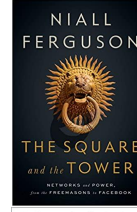
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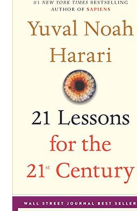
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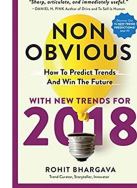
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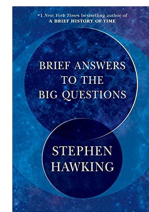


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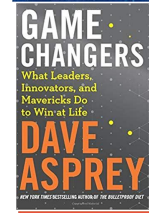
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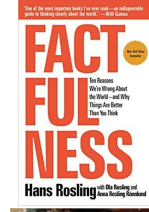
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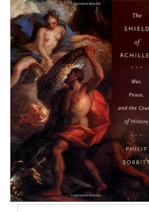
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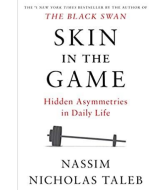
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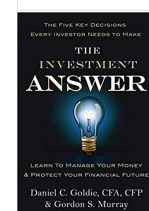
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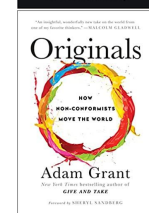
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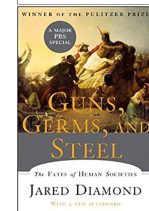
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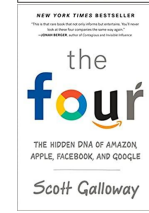
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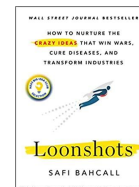
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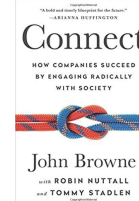
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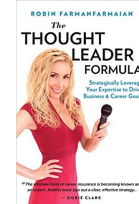
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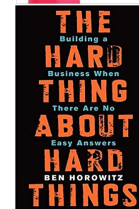
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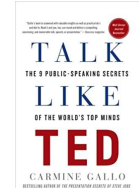
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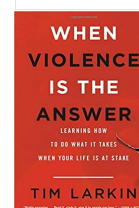
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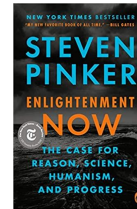


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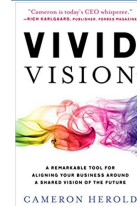
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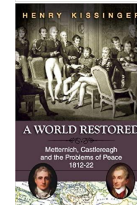
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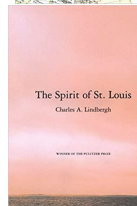
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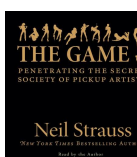
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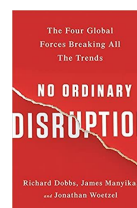
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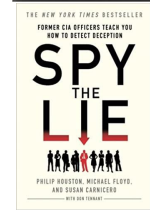
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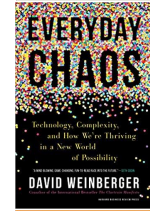
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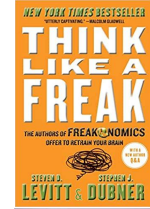
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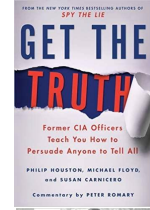
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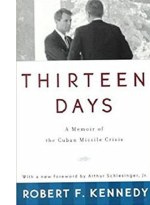
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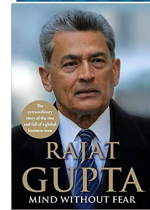
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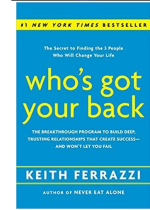
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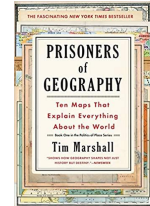
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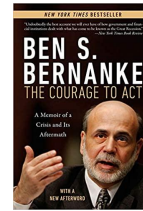
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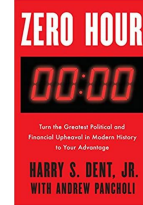
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