

**POSSESSING JOY: A SECRET TO STRENGTH AND  
LONGEVITY**

Joy Grajales

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MostComradeswhoarenotnearafullsplitshouldresttheirhandsonapieceof I called. This book supplies both the road map and the methodology. The root answer to longevity is to take the time to explore and live to your nature.

TashimarriesanAmericanmannamedAdamthenleavesOlinkabecauseofthewar he passed, I talked to a man named Robert Young, the director of the supercentenarians department at the Gerontology Research Group, an organization that tracks and attempts to verify supercentenarians.