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John Robbins is the author of nine bestsellers that have collectively sold more than 3 million copies and been translated into 31 languages. These include Diet for a New America, The Food Revolution, and Healthy at 100. John is Founder of EarthSave International, and Co-Founder and President of the 500,000+ member Food Revolution Network.

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In Healthy at 100, bestselling author John Robbins presents us with a bold new paradigm of aging, showing us how we can increase not only our life span but also our health span. Through the example of four very

different cultures that have the distinction of producing some of the world's healthiest, oldest people, Robbins reveals the secrets for living an extended and fulfilling life in which our later years become a period of wisdom, vitality and happiness.

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