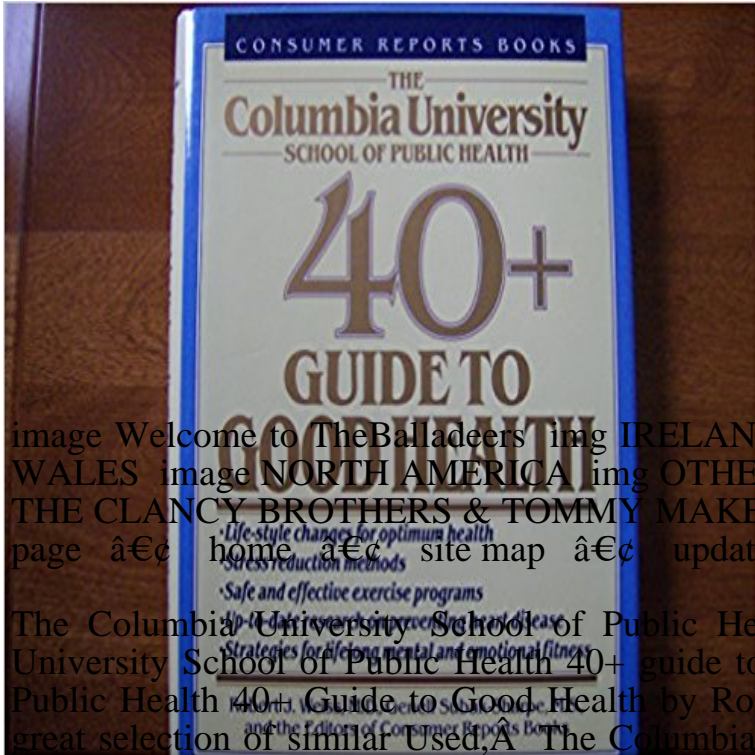


# The Columbia University School of Public Health 40+ Guide to Good Health



A guide to staying healthy and feeling younger features information on nutrition and weight control, the effects of drugs and alcohol, stress and the immune system, proper and effective exercise, the hazards of cosmetic surgery, and more.

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