

A New Definition of Health That Provides
the SIX KEYS to Living a Longer, More Fulfilling Life

emotional longevity



WHAT
Really
DETERMINES
HOW
LONG
YOU LIVE

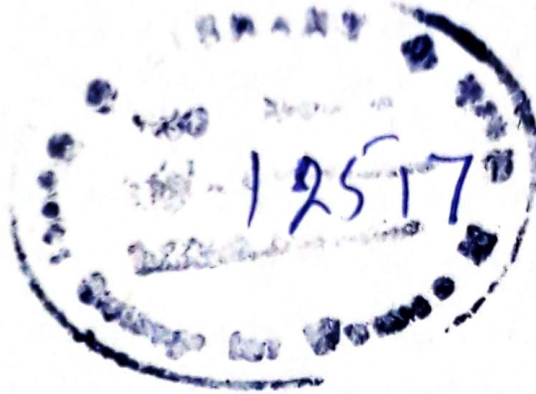


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WITH P. ELIZABETH ANDERSON

"A life-enhancing book, offering rigorous and soulful
insights into the hidden role of our emotions in health and well-being."
—Daniel Goleman, author of *Emotional Intelligence*

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