



Forever Young: How to Feel, Look and Be Magnificent at Any Age

Ella Ladon Croney

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A trip to the doctor's these days can start a never-ending plummet into the depths of further illness, as Ella's story reveals. But her courage and determination to survive led Ella to discover many alternative health methods. Here she shares those discoveries with those of us who might have wished there was more out there than drugs, pain and surgery. A book especially vital for women, and travelers. This book is filled with powerful therapies for life long health.

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Amy Tharp:

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