



# TIME Secrets of Living Longer

*The Editors of TIME*

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## **TIME Secrets of Living Longer** The Editors of TIME

The editors of TIME reveal the new data on how best to live, not just a longer, but also a happier life. Join TIME to find out what diet helps people live the longest, to learn if brain games can keep your mind young, and to discover the latest news from the frontiers of longevity.

- Learn how your outlook can change how you age – at the cellular level.
- Find out why married people really do live longer.
- Discover the truth about a modern antiaging elixir.

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