

**WINNING STRATEGIES FOR SUCCESSFUL AGING
(YALE UNIVERSITY PRESS HEALTH & WELLNESS)**

Noel Hurrell

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Stiegmann hopes to soon return to Colorado to further pursue her career and calling in Preventive and Lifestyle Medicine. Image credit: Peak. In addition to his philanthropic background, Dr. He easily picked up the concept of taking three deeps breaths and showed me how to do this, and the importance of saying kind words to himself when discouraged. You may also like. Prior to returning to VA, Dr.

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