

NEW YORK TIMES BESTSELLER

HOW

NOT

TO

DIE

Discover the Foods Scientifically Proven to  
Prevent and Reverse Disease

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FEATURING DR. GREGER'S DAILY DOZEN:  
WHAT TO EAT TO ADD YEARS TO YOUR LIFE

# Resumo de How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease

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