



# Live To Be 100: With a Sound Mind and Body

*Dr Rudy Kachmann*

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**Live To Be 100: With a Sound Mind and Body** Dr Rudy Kachmann

We all want a better life, better health, financial gains, determination to beat that serious illness, and a whole host of other things that we anticipate will give us that sense of purpose we so desire. How can we accomplish these huge goals? What will get us progressing in the right direction?

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