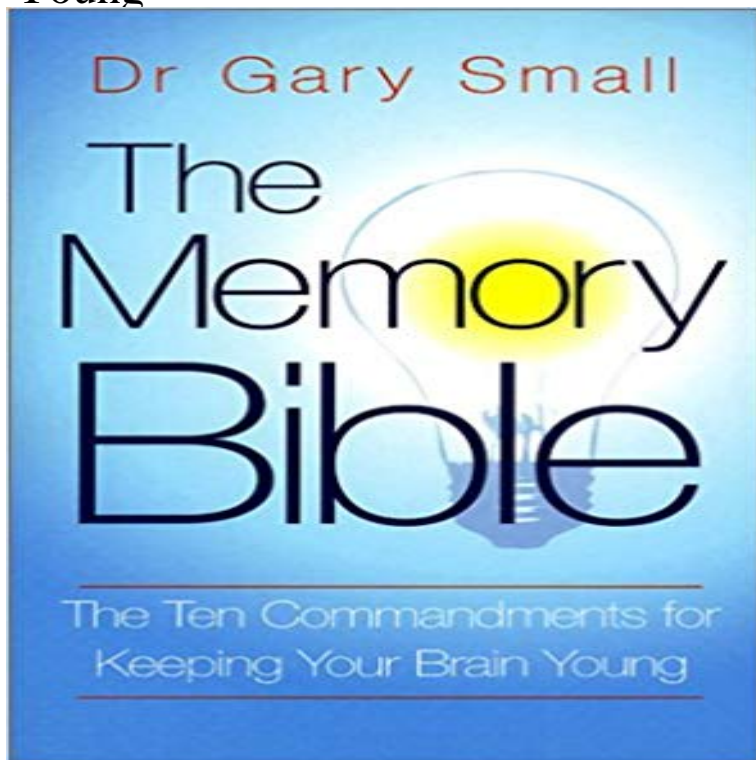


# The Memory Bible: The Ten Commandments for Keeping Your Brain Young



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