

**HOW TO LIVE 100 YEARS AND
RETAIN YOUTH, HEALTH AND
BEAUTY; A COURSE OF
PRACTICAL LESSONS IN LIFE
CULTURE. [LOS ANGELES]**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649608522

How to Live 100 Years and Retain Youth, Health and Beauty; A Course of Practical Lessons in Life Culture. [Los Angeles] by A. Victor Segno

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Edited by Trieste Publishing Pty Ltd.
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A. VICTOR SEGNO

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A COURSE OF
PRACTICAL LESSONS IN
LIFE CULTURE

BY
A. VICTOR SEGNO



LOS ANGELES, CAL., U. S. A.
THE LIFE CULTURE SOCIETY
PUBLISHERS

Price Five Dollars

P r e f a c e

Man's ambition having increased out of proportion to the number of years of his physical life, he necessarily failed to complete his undertakings before the destruction of his body took place. To me it seemed unjust that man should work so hard and then never, except in a limited number of cases, have the pleasure of realizing that he had accomplished his purpose.

I determined to ascertain the cause, and, if possible, find a cure for it. My investigations and experiments have demonstrated conclusively that man himself is responsible for the limited life he

How to Live 100 Years

lives because he has remained ignorant of the forces which sustain life and create health.

Having thoroughly tested the truth of the system I advocate, I offer it to all noble minded men and women desiring to lengthen their lives that they may be of greater use to their fellowmen and to future generations.

By conscientiously following these instructions you can, I assure you, reach at least one hundred years of age in the enjoyment of youth, health and beauty.

A. VICTOR SEGNO

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