

**FLETCHERISM: WHAT IT  
IS OR HOW I BECAME  
YOUNG AT SIXTY**

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Fletcherism: what it is or how I became Young at sixty by Horace Fletcher

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**HORACE FLETCHER**

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# FLETCHERISM

WHAT IT IS

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HOW I BECAME YOUNG  
AT SIXTY

BY

HORACE FLETCHER, A.M.

*Fellow American Association for the Advancement of Science*




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