

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

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649090730

How to live 100 years and retain youth, health and beauty; a course of practical lessons in life culture by A. Victor Segno

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**A. VICTOR SEGNO**

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# HOW TO LIVE 100 YEARS

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YOUTH, HEALTH <sup>and</sup> BEAUTY

A COURSE OF  
PRACTICAL LESSONS IN  
LIFE CULTURE

BY  
A. VICTOR SEGNO



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

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COMMERCIAL PRINTING HOUSE  
LOS ANGELES

## 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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