Five Circles, One Goal: Living Young With Longevity Strategies Transcript

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Introduction to the Book

Hi, I'm Doctor Jeffrey Gladden, and I want to make you aware of a book that I wrote. This was a book was published in September of 2023, and it's entitled 100 Is the New 30 how Playing the Symphony of Longevity will Enable us to live young for a lifetime.

It covers so many things related to the longevity process. I think it's very important for you to understand that the way that we think about longevity is really constructed around five different circles.