



# Ancient Secret of the Fountain of Youth

*Peter Kelder, Peter (EDT) Kelder Bernie S. Siegel*

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Picking up where Kelder's book, *Ancient Secret of the Fountain of Youth*, left off, *Ancient Secret of the Fountain of Youth, Book 2* provides the complete Fountain of Youth health program, with detailed information on a variety of topics discussed only fleetingly in the original bestseller: the history and origins of the Five Rites, valuable insights about how the Rites work, diet suggestions, and easy-to-follow exercises. Illustrated with fifty black-and-white photographs, this guide will help turn back the hands of time, invigorating and energizing readers' lives as never before.

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