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live agelessly, and remember
every day to find the endless joy
nestled inside our soul'.

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Thomas Moore is the renowned author of *Care of the Soul*, the classic #1 New York Times bestseller. In *Ageless Soul*, Moore reveals a fresh, uplifting, and inspiring path toward aging, one that need not be feared, but rather embraced and cherished. In Moore's view, aging is the process by which one becomes a more distinctive, complex,

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