

# **The 10% Solution For A Healthy Life: How To Eliminate Virtually All Risk Of Heart Disease And Cancer**

**By Raymond Kurzweil**

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Though columnist Raymond Kurzweil is best known for and his book The 10% Solution for a Healthy Life: How To Eliminate Virtually All Risk of Heart Disease <http://www.kurzweilai.net/researching-health-and-well-being-at-the-library>

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