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# Mentes LÃ°cidas Y Longevas (Spanish Edition)

Adolf Tobeña

MENTES LÚCIDAS  
Y LONGEVAS



El espejo y la linterna



## Synopsis

No todas las personas que alcanzan una edad avanzada lo hacen en las mismas condiciones. Hay ancianos envejecidos y admirables, que gozan de una vida productiva durante un tiempo muy prolongado y hasta el final de su existencia, mientras que otros se ven sumidos en procesos de deterioro ostensibles y dramáticos. Frente a esas diferencias tan acusadas, y tan decisivas, cada vez resulta más evidente que no basta con achacarlas a factores individuales, relacionados con modos de vida o con la propia peripecia personal: hay razones mucho más complejas.

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