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Walter Bortz, M.D. is clinical associate professor of Medicine at the Stanford University School of Medicine and author of Dare to Be 100. He is past co-chairman of the American Medical Association's Task Force on Aging and former president of The American Geriatric Society.

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Walter M. Bortz II MD is my role model. This gerontologist knows what it takes to reach that magic milestone. This latest work (co-written with Randal Stickrod) mirrors the material contained in his earlier books "We Live Short and Die Too Long" and "Dare to be 100". Anyone who aspires to "live long and prosper" would do well to follow this splendid map to "100".

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