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Elizabeth
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both inwardly and
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impinges significantly
on our health our well
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blackburn was awarded a
nobel prize in medicine
in 2009 for her
pioneering work in
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telomeres she is

president of the salk
institute elissa epel
is a health
psychologist who
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*look and feel like 60
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that sleep quality
exercise aspects of
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chemicals profoundly
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and that chronic stress
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blackburn who won the
nobel prize in 2009 for
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and her uc san

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psychologist the
collaboration is an
incredibly fruitful one
bringing very
plementary perspectives
to figuring out how to
make practical use of
what we know about
telomeres'*

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discovered telomerase**

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