

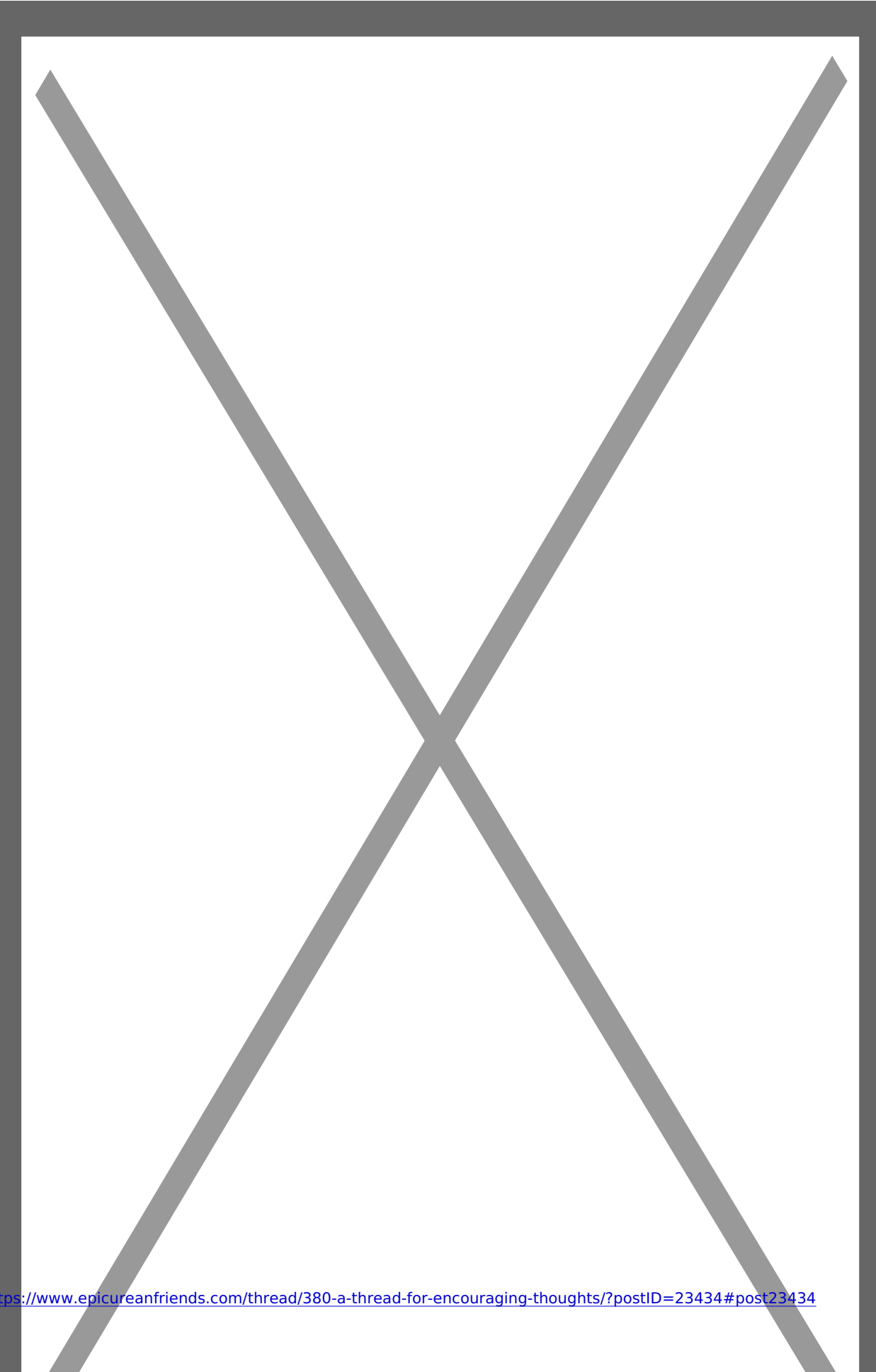
A Thread For Encouraging Thoughts

Post by “Pacatus” of April 11, 2023 at 1:03 PM

“The real secret to longevity is that there are no secrets. **But we live daily and die once**, so *we must make the most of the time we have.*” (My bold and italics)

Howard Tucker, M.D. - 100 years old.

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[At 100 years old, I'm the 'world's oldest practicing doctor'—5 things I never do to live a long, happy life](#)

Dr. Howard Tucker has been practicing medicine and neurology for over 75 years. The 100-year-old doctor shares his best advice for staying happy, healthy and...

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