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Miriam E. Nelson is the author of Strong Women Stay Young Strong Women, Strong Hearts by Miriam E. Nelson, More books by Miriam E. Nelson

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Miriam E. Nelson, Ph.D., is an associate professor at the Friedman School of Nutrition Science and Policy at Tufts University. She is the author of six previous books

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The StrongWomen Strength Training Program grew out of research published by Dr. Miriam E. Nelson Nelson s Strong Women Strong Women Healthy Hearts

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designed for midlife and older women, heart disease, arthritis, is based on research conducted by Dr. Miriam Nelson of Tufts University.

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