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By Maria Speidel, AARP

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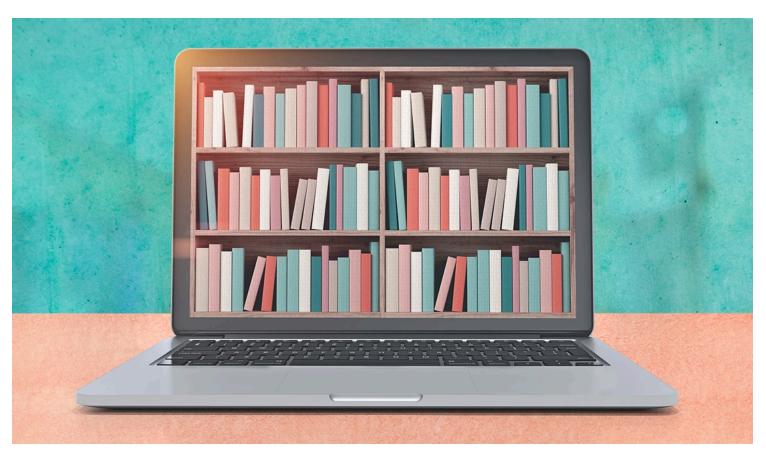


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Maria Speidel is a writer who lives in Los Angeles with a house full of books.

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