

The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest

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A New York Times Bestseller!

With the right lifestyle, experts say, chances are that you may live up to a decade longer. What's the prescription for success? National Geographic Explorer Dan Buettner has traveled the globe to uncover the best strategies for longevity found in the Blue Zones: places in the world where higher percentages of people enjoy remarkably long, full lives. And in this dynamic book he discloses the recipe, blending this unique lifestyle formula with the latest scientific findings to inspire easy, lasting change that may add years to your life.

Buettner's colossal research effort, funded in part by the National Institute on Aging, has taken him from Costa Rica to Italy to Japan and beyond. In the societies he visits, it's no coincidence that the way people interact with each other, shed stress, nourish their bodies, and view their world yields more good years of life.

You'll meet a 94-year-old farmer and self-confessed "ladies man" in Costa Rica, an 102-year-old grandmother in Okinawa, a 102-year-old Sardinian who hikes at least six miles a day, and others. By observing their lifestyles, Buettner's teams have identified critical everyday choices that correspond with the cutting edge of longevity research and distilled them into a few simple but powerful habits that anyone can embrace.

Dan Buettner is a National Geographic Explorer, the writer of numerous articles on longevity, the founder of Quest Network, Inc., and a producer of more than a dozen interactive expeditions. His cover story for National Geographic magazine, "Secrets of Living Longer," was a finalist for the National Magazine Award. A colorful survey examines why people in four communities in California, Japan, Italy, and Costa Rica are happier and live significantly longer than most Americans. The author's careful research, guided by epidemiologists and other scientists, found that living longer and more enjoyably was associated with nine familiar practices, such as eliminating processed food; reducing stress; exercising more; and staying connected to family, a spiritual community, and a big-picture life purpose. Michael McConnohie's smooth vocal resonance and natural-sounding dialect interpretations make this lesson fun to hear. His delivery of the dialogue reported between the subjects and the author makes the core principles in this research captivating. With its concise, down-to-earth recommendations, this is one of the most hopeful and motivating quality-of-life audio lessons available. T.W. AudioFile 2010, Portland, Maine

Other Books

Whole Body Intelligence. Most self-improvement programs train people to identify and solve problems by grappling with them endlessly, often to no avail. Executive coach Steve Sisgold, however, knows that the body--not the mind--is the most reliable and effective pathway to realizing your innermost desires and achieving success. His unique, body-centric approach will show you how to get out of your head and take charge of every area of your life with increased awareness, clarity, and confidence. Whole Body Intelligence teaches you how to become aware of subtle body sensations--such as gripping the phone or clenching your jaw during a tense conversation--and how to interpret their meanings, linking them to negative thoughts and behaviors that are impeding your success and happiness. You will recognize the patterns and imprints that have shaped your experiences and decisions for your entire life and learn how to change these thoughts and behaviors

before they become self-sabotaging. No more overthinking! Decisions will become easier to make and you will stay engaged, resilient, and relaxed in any situation. With an easy-to-follow 30-day plan, body centric stress management tools, and inspiring stories of people who have changed their lives using this system, Whole Body Intelligence empowers you to channel the power of your body to achieve your wildest dreams.

🔗 🔗 🔗 🔗 🔗 . Blue Zone was popularized by explorer and author Dan Buettner in his 2010 book, The Blue Zones : Lessons for Living Longer from the People Who've Lived the Longest. Buettner and other researchers identified traits these populations ..."