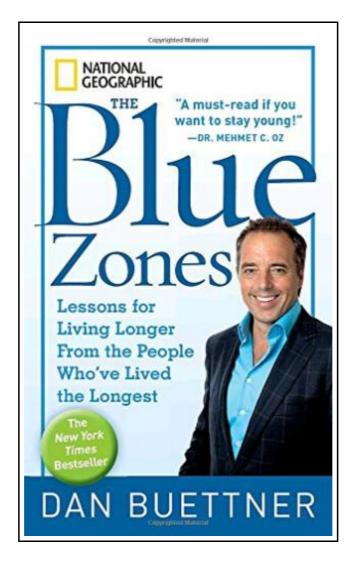
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THE BLUE ZONES LESSONS FOR LIVING LONGER FROM THE PEOPLE WHOVE LIVED THE LONGEST



National Geographic. Paperback. Book Condition: New. Mass Market Paperback. 320 pages. Dimensions: 6.8in. x 4.2in. x 0.9in.In this expanded paperback edition of his New York Times bestseller, longevity expertDan Buettner draws on his research from extraordinarily long-lived communitiesBlueZonesaround the globe to highlight the lifestyle, diet, outlook, and stress-coping practicesthat will add years to your life and life to your years. A long healthy life is no accident. It begins with good genes, but it also depends on good habits. If you adopt the right lifestyle, experts say, chances are you may live up to a decade longer. So whats the formula for success National Geographic ExplorerDan Buettner has lead teams of researchers across the globe to uncover the secrets of Blue Zonesgeographic regions where highpercentages of centenarians are enjoying remarkably long, full lives. The recipe for longevity, Buettner has found, is deeply intertwined with community, lifestyle, and spirituality. You wont findlongevity in a bottle of diet pills or with hormone therapy. Youll find it by embracing a few simple but powerful habits, and bycreating the right community around yourself. In The Blue Zone, Buettner has blended his lifestyle formula with the latest longevityresearch to inspire lasting behavioral change and add years to your life. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Mass Market Paperback.

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