

[PDF] The Blue Zones: Lessons For Living Longer From The People Who've Lived The Longest

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Description:

In this expanded paperback edition of his New York Times bestseller, longevity expert Dan Buettner draws on his research from extraordinarily long-lived communities—Blue Zones—around the globe to highlight the lifestyle, diet, outlook, and stress-coping practices that 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 what's the formula for success? National Geographic Explorer Dan Buettner has lead teams of researchers across the globe to uncover the secrets of Blue Zones—geographic regions where high percentages of centenarians are enjoying remarkably long, full lives.

The recipe for longevity, Buettner has found, is deeply intertwined with community, lifestyle, and spirituality. You won't find longevity in a bottle of diet pills or with hormone therapy. You'll find it by embracing a few simple but powerful habits, and by creating the right community around yourself. In *The Blue Zone*, Buettner has blended his lifestyle formula with the latest longevity research to inspire lasting behavioral change and add years to your life.

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