



The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest

Dan Buettner

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Since publishing his bestselling *The Blue Zones*, longevity expert and National Geographic Explorer Dan Buettner has discovered a new Blue Zone and launched a major public health initiative to transform cities based on principles from this book. *The Blue Zones, Second Edition* is completely updated and expands his bestselling classic on longevity, drawing 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.

The new Blue Zone is Ikaria, Greece, where strong, sweet wine, family, and a Mediterranean diet all play a role in longer life. Also new in this book is a reading group guide, designed for groups to read about, discuss, and implement many of the simple changes advocated for better health.

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. Buettner has led teams of researchers across the globe--from Costa Rica to Sardinia, Italy, to Okinawa, Japan and beyond--to uncover the secrets of Blue Zones. He found that the recipe for longevity is deeply intertwined with community, lifestyle, and spirituality. People live longer and healthier by embracing a few simple but powerful habits, and by creating the right community around themselves. In *The Blue Zones, Second Edition*, Buettner has blended his lifestyle formula with the latest longevity research to inspire lasting, behavioral change and add years to your life.

Region by region, Buettner reveals the "secrets" of longevity through stories of his travels and interviews with some of the most remarkable--and happily long-living people on the planet. It's not coincidence that the way they eat, interact with each other, shed stress, heal themselves, avoid disease, and view their world yield them more good years of life. Buettner's easy to follow "best practices" and list of healthy lifestyle choices from the Blue Zones will empower readers to live longer, healthier, more fulfilling lives.

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Billy Reynolds:

Have you spare time for just a day? What do you do when you have considerably more or little spare time? Yep, you can choose the suitable activity intended for spend your time. Any person spent their spare time to take a move, shopping, or went to the particular Mall. How about open or perhaps read a book entitled The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest? Maybe it is to become best activity for you. You recognize beside you can spend your time with the favorite's book, you can better than before. Do you agree with it has the opinion or you have some other opinion?

Lawrence Elam:

Playing with family in the park, coming to see the ocean world or hanging out with buddies is thing that usually you will have done when you have spare time, in that case why you don't try matter that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest, you are able to enjoy both. It is very good combination right, you still desire to miss it? What kind of hang type is it? Oh can occur its mind hangout folks. What? Still don't have it, oh come on its known as reading friends.

Sylvia Cunningham:

The book untitled The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest contain a lot of information on this. The writer explains the girl idea with easy method. The language is very easy to understand all the people, so do definitely not worry, you can easy to read it. The book was authored by famous author. The author will take you in the new period of time of literary works. It is easy to read this book because you can please read on your smart phone, or device, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site as well as order it. Have a nice go through.

Jason Faria:

In this time globalization it is important to someone to acquire information. The information will make professionals understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of recommendations to get information example: internet, newspapers, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. The particular book that recommended for your requirements is The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest this publication consist a lot of the information of the condition of this world now. This specific book was represented how do the world has grown up. The words styles that writer use for explain it is easy to understand. The writer made some investigation when he makes

this book. That is why this book appropriate all of you.

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