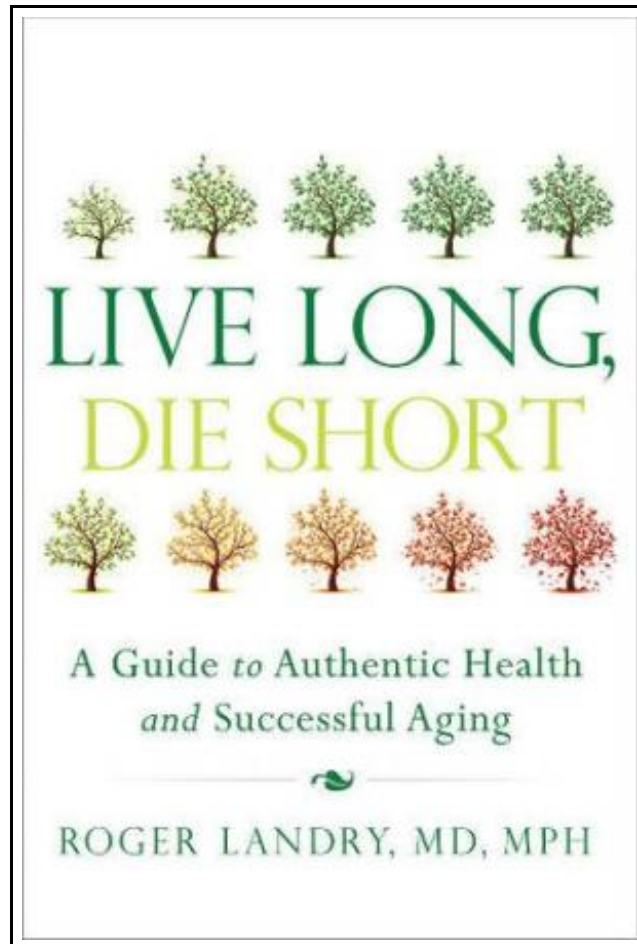


Live Long, Die Short: A Guide to Authentic Health and Successful Aging



Filesize: 6.51 MB

Reviews

This is actually the greatest publication i have go through right up until now. I really could comprehended every little thing using this composed e book. I realized this book from my i and dad advised this ebook to learn.

(Jimmie Schmidt I)

LIVE LONG, DIE SHORT: A GUIDE TO AUTHENTIC HEALTH AND SUCCESSFUL AGING



Greenleaf Book Group Press. Paperback. Book Condition: New. Paperback. 264 pages. Dimensions: 8.9in. x 5.9in. x 1.1in. A rousing call to rethink the aging process. Over a decade ago, a landmark ten-year study by the MacArthur Foundation shattered the stereotypes of aging as a process of slow, genetically determined decline. Researchers found that that 70 percent of physical aging, and about 50 percent of mental aging, is determined by lifestyle, the choices we make every day. That means that if we optimize our lifestyles, we can live longer and die shorter--compress the decline period into the very end of a fulfilling, active old age. Dr. Roger Landry and his colleagues have spent years bringing the MacArthur Studys findings to life with a program called Masterpiece Living. In Live Long, Die Short, Landry shares the incredible story of that program and lays out a path for anyone, at any point in life, who wants to achieve authentic health and empower themselves to age in a better way. Writing in a friendly, conversational tone, Dr. Landry encourages you to take a Lifestyle Inventory to assess where your health stands now and then leads you through his Ten Tips, for successful aging, each of which is backed by the latest research, real-life stories, and the insights Landry--a former Air Force surgeon and current preventive medicine physician--has gained in his years of experience. The result is a guide that will reshape your conception of what it means to grow old and equip you with the tools you need to lead a long, healthy, happy life. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



[Read Live Long, Die Short: A Guide to Authentic Health and Successful Aging Online](#)



[Download PDF Live Long, Die Short: A Guide to Authentic Health and Successful Aging](#)

Other eBooks



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide...

[Download Book »](#)



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in. Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead....

[Download Book »](#)



The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in. Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she...

[Download Book »](#)



DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in. This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured...

[Download Book »](#)



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Download Book »](#)