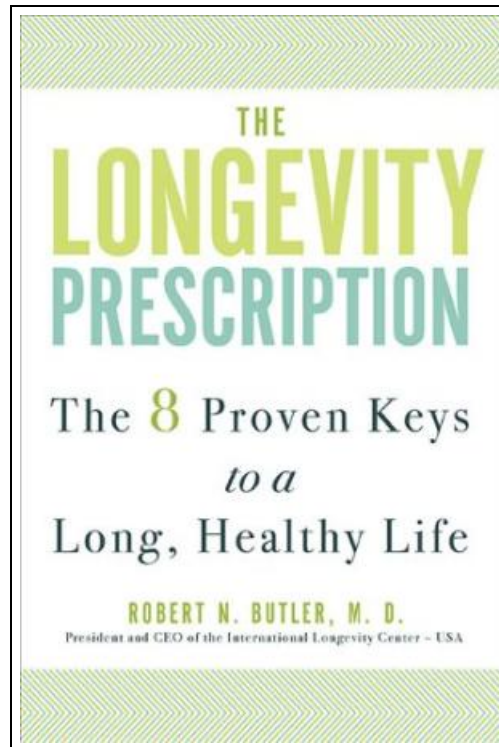


The Longevity Prescription: The 8 Proven Keys to a Long, Healthy Life (Hardback)



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Reviews

A really wonderful ebook with perfect and lucid answers. It is rally interesting through looking at period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Gustave Moore)

THE LONGEVITY PRESCRIPTION: THE 8 PROVEN KEYS TO A LONG, HEALTHY LIFE (HARDBACK)



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Avery Publishing Group, United States, 2010. Hardback. Book Condition: New. 231 x 157 mm. Language: English . Brand New Book. The internationally revered, Pulitzer Prize-winning father of geriatric medicine offers a revitalizing plan for reaping the rich rewards of the final third of life. Dr. Robert N. Butler s name is synonymous with healthy aging. As the founder of the first department of geriatric medicine in the country at Mount Sinai and the National Institute on Aging within the National Institutes of Health, he is widely regarded as the father of geriatric medicine. He is a Pulitzer Prize-winning author, a frequent adviser to the World Health Organization, and the founder of the International Longevity Center, whose mission is to champion research and policy focused on helping our senior population age well and live vibrant lives. In The Longevity Prescription, Butler outlines eight essential facets of longevity: exercise, nutrition, mental vitality, sleep, relaxation, love and intimacy, community connections, and medical care. With each chapter providing specific, prescriptive advice, that has been proven to delay or eliminate chronic illness and promote health, The Longevity Prescription outlines a step-by-step plan for maintaining optimum wellness and offers eye-opening statistics and research-based information. You may be surprised to learn: ?A good marriage at fifty-not a low cholesterol level at that age-is a better predictor of good health at eighty. ?Stress reduction and a good night s sleep are wellness strategies just as essential as exercise and diet are. ?Why honing a center of balance is a key to physical health. ?How the brain can be trained to regain lost function and ensure continued clarity. ?Why starting a second career in retirement can lead to contentment, and more. With guidance for formulating an action plan and adopting new habits and strategies, The Longevity Prescription offers the...



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