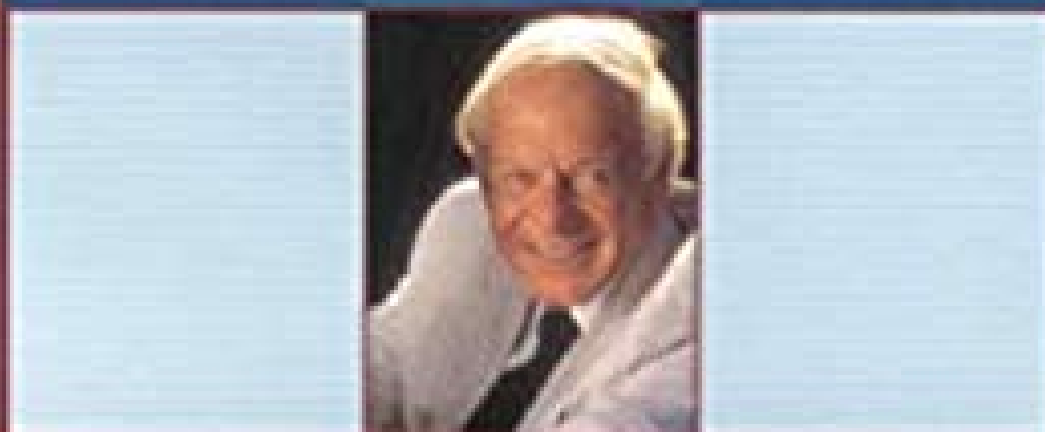


DARE TO BE 100

A LEADING EXPERT IN THE FIELD OF
HEALTH AND AGING OFFERS A POINT-
BY-POINT PROGRAM FOR LIVING LONG
AND ENJOYING LIFE TO ITS FULLEST



WALTER M. BORTZ II, M.D.
AUTHOR OF WE LIVE TOO SHORT AND DIE TOO LONG

Walter M. Bortz

Dare To Be 100: 99 Steps To A Long, Healthy Life



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TAKE 99 Measures TO 100 A bestselling expert on ageing and geriatric care offers a prescription for attaining longevity and preserving the quality of existence. Supported by his lifelong research, this program is broken down in to the categories of* Diet plan (Take a Coffee Break;D. Bortz II, M., explains how and why we should all strive to be centenarians with his exclusive and practical program. In DARE to End up being 100, Walter M. Become Sexy, Be Match) The 99 guidelines in this book present an effective plan for living long, healthy, and - just as important - fulfilled lives. Keep up with the Innovative Spark) * Renewal (Recharge Yourself; Keep Working)* Exercise (Maintain Your Oxygen Tanks Full; Beware of Free Radicals)* Attitude (Be Required;



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This book helps people recognize that their lives are in . dare to live.. No scientific basis given for his opinions My 91 year previous dad brought this book to my attention. Your actions determine your output. Phrases to Live by! Health is an option basically so is death." 100 years seems like a lot! It's Never Too Late to "Dare to be 100. Dr. But simply take a look At Dr. Bortz' book And you'll feel 100 is certainly HOT! Truly inspirational, what I loved most concerning this book is its credibility. Don't know if you would like it or not. This is an inspirational book for anyone who lacks the will to exercise. At age group 80, he completed his 40th marathon in Boston in April/10 to the cheers of hundreds of by-standers. His medical practice proved to him that we can all live to be 100 and he makes the journey easy and fun! I chose the 5 star rating because this publication is brief, easy and an excellent motivation to improve the quality and longevity you will ever have. Therefore when he says: "It's never too late,": you know it's true! Dr. Individual responsibility is held in the highest regard towards preserving one's self. Five Stars I agree with 90% of his explanations. Terms to Live by! Five Stars Okay Dare to be 100: Everyone should go through this. This publication is crucial read for anyone who is 30-something or older. Well who says, how did they determine it and when? Bortz' broke it down to 100 tips on how to DARE to be 100. Once again, I would recommend this to everyone. Inspiration and motivation Though this book was published in 1996, it has some excellent information, tips, and guidelines for living an extended and healthier life. Youthful ING it. Bortz offers motivated and motivated me to stretch my life time goals. Recommended reading! Being an expert in my field, I was stunned that the author makes many sweeping statements without offering his source!.. Dare to read . They have both work marathons within their 80s. I go through portions of it and scanned others. Such an inspiration I feel inspired when We see Dr and Mrs Bortz running around Portola Valley.. Walter Bortz is usually a dude who walks his talk, or rather Works it. It's also an instruction manual forever - how exactly to eat, how to feel alive and how to become resilient. I had read Dr Bortz's book, This book helps people realize that their lives are within their own control. dare to live. Dare to read. Giving him the benefit of the doubt and assuming he is an expert in a field relative to his subject, he's entitled to reach certain conclusions predicated on his own scientific tests or properly conducted, peer reviewed research of others. He does not do this anywhere I observed. A short list of references by the end of the book is not enough, neither is an extended list of credentials. For example, he states that genetics only play a little part in how longer one lives. I enjoyed how Dr. Was it Willard Scott formerly of the Today display who is listed a a reference? Amusing as he was, Willard isn't my idea of a medical, maturing or research expert. This book was published in 1996. Even were there a sound scientific basis to his pronouncements, in our non static world, research results can change and analysis should be repeated periodically to reflect such switch or reaffirm results.



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