



NATIONAL
GEOGRAPHIC

THE

Blue Zones

"A must-read if you
want to stay young!"

—DR. MEHMET C. OZ

Lessons for
Living Longer
From the People
Who've Lived
the Longest

The
New York
Times
Bestseller



DAN BUETTNER

Dan Buettner

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



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In this expanded paperback edition of his New York Times bestseller, longevity expert An extended healthy lifestyle is no accident. Blue Zones—around the globe to highlight the approach to life, diet plan, outlook, and stress-coping methods which will add years to your daily life and lifestyle to your years. Dan Buettner draws on his study from extraordinarily long-lived communities— It starts with good genes, but it also depends on good habits. Longevity in a bottle of diet pills or with hormone therapy. The recipe for longevity, Buettner has found, is deeply intertwined with community, lifestyle, and spirituality. Therefore what's the method for success? It's by embracing a few simple but powerful habits, and by Dan Buettner has led teams of researchers across the globe to discover the secrets of Blue Zones—geographic regions where high You won't find experts say, you may surpass a decade longer. Percentages of centenarians are enjoying remarkably long, full lives. In the event that you adopt the right way of living, National Geographic Explorer creating the proper community around yourself. In The Blue Zone, Buettner provides blended his way of life formula with the latest longevity research to inspire enduring behavioral change and increase years to your life.



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My Rating – Must Read Level – Easy read, medium length
My Rating – Must Read Level – Easy read, medium size, but reads quickly
Summary
Blue zones, so named because while researching the 1st 1, a blue circle was drawn around they region under debate, are areas in the world where people live the longest. I experienced to order last minute for a class. The final chapter provides tips they found in common in every the blue zones to enable you to create your own 'blue zone. The four blue zones are – Sardinia, Okinawa, Loma Linda (California) and Costa Rica. However, it wasn't as in-depth as I hoped. The book takes us through the four blue zones, and shares interviews, history, diets and other fact about the life of the people who live there.'

- Move Naturally – Everyone studied for the book was extremely dynamic. They walked kilometers a day, gardened, etc. His stage is no one has to operate marathons or become powerlifter, you just need to move often. However, they all ate meet hardly ever, anything from once weekly to only a few times a calendar year. Calorie restriction provides been proven to be very essential in longevity. Prioritizing public lifestyle is something we actually fail at in the us.
- Hara Hachi Bu – A phrase said by the Okinawans before each meal reminding them to eat until they feel 80% full. It plays a big part for the Sardinians and the Okinawans drink Sake, however the others consumed no alcohol. Either way, studies have shown a drink or two a day, especially of wines is beneficial to your wellbeing. I am try to use less and less sugar.
- Down Shift – taking time to relax, meditate or decelerate and enjoy lifestyle.
- Belong – To a community, but a part of something larger than yourself. Evidently following some kind of religious lifestyle recommendations will help you to live much longer if you follow them, assist you to experience better about yourself (and even happier, start to see the Happiness Hypothesis book), and enable you to share and support those values with other folks in the group (again, the desirable sociable connections help longevity).
- Loved Ones First – Relatedly, take time to cultivate romantic relationships and spend time with friends and family.
- Plant Slant – Apart from the Adventist in Loma Linda, no one was a vegetarian.
- Best Tribe – Individuals who share common goals and healthy lifestyle. Five Stars interesting and easy read

Reads as an overly long magazine article Eh? Have got an obese friend boosts your likelihood of becoming overweight. Seek people who have the same above traits in mind. My Thoughts Things like this are utterly interesting if you ask me. Both of my granddads are 91 years older and show just a few signals of stopping. Much of their lifestyle has included the majority of the traits. Modern America has us shifting further and additional away from these things. We eat lots of cheap, processed food. We don't spend enough time with close friends or family. We usually do not rest often. We don't move. An excellent book. Adopting as a lot of the Blue Zone way of living will not only enable you to live longer, however the time you do spend can end up being better and healthier. Have not read at this time.

- Grapes of Life – Wines..) Absolutely loved this book

Absolutely loved this book. Not merely do they live much longer, but live better as centenarians (100 calendar year olds) then many people much younger do in other areas of the world. Needed a few chapters read in two times and I didn't have the reserve yet! Did amazon prime, got it ASAP and go through it with time for my assignment. Can't wait to continue these lifestyle choices, and hopefully turn into a centenarian myself :) A book about the parts of the world where the oldest people live, and just how they did it. I have been implementing things I learned about the lifestyles of the centenarians since, and I experience better than ever! I'm presently writing this within my desk, I spend too many hours a time sitting at a table and wondering how I can move. The fact that it has the credentials of National Geographic behind it posesses lot of weight in terms of the precision of the info being well researched. I've read additional books on the

Mediterranean Diet, and on the centenarians of Okinawa and Sardinia. This book added too much to other things I've go through, describing more particularly where these concentrated Blue Zones can be found, which will be the concentrated areas where in fact the centenarians are discovered. One particular factor I applaud Dan Buettner for is usually that in Sardinia, for instance, they wanted to find an example of a "more youthful" one who was living in the original way therefore they could observe how some of these centenarians had likely lived as they aged, and so they followed a vibrant 75 year outdated shepherd named Tonino Tola around his farm, and documented the amazingly long hard hours this guy labored everyday and how he ate. The book gives many specific examples of centenarians, how they lived, their activities, diet, life-style. And it gives many examples of analysis and theories being studied to understand how these people's lives reached the very long healthful lives they have loved, yet, it is not overly technical and incredibly readable. Good read. I must say i liked this publication. It provided more details compared to the video's that I've seen. They possess since discovered another one in Greece. I was hoping for more details about each people groupings diets and he tends to write in generalizations.! It certainly make you consider changing you life-style. This book is quite informative and vision opening I've begun to make changes in the manner I eat. • Purpose Now – Having a feeling of purpose, or grounds to get up each morning, a thing that drives you. I was a little bit surprised at the longevity importance of having some kind of regular spiritual or spiritual link with something bigger than yourself, typically a religious community of some kind. Most of the nine big summary elements were the ones that we've almost all heard a hundred situations before -- get regular moderate exercise each day, eat a simple diet plan low on the food chain (grains, beans, vegetables, fruits, and nut), avoid unfavorable types of stress, maintain a positive lifestyle, look for a purpose to inspire you and present meaning to your daily life, enjoy good social times with family and friends, and loaf around with individuals who will influence you positively toward favorable longevity life style choices. Will return & I would recommend it to all. Excellent summary of longevity correlations I liked this book since it did a good job of presenting favorable lifestyle changes in the context of an interesting story approximately centenarians. I am consuming healthier meals. I've given up diet drinks and I'm drinking even more water daily. Religious communities, no matter which one, have already been shown to help people live longer. Overall, a book that everyone should browse, IMHO. (Have not read at this time. This book my switch my life and help me live much longer. do an edit when I surface finish. Many studies have shown that who you hang out with includes a huge effect on your life style. It's ok but not that informative. Reads like an overly long magazine content. Four Stars Wish the letters weren't so small. If you would like to be healthier go through this book. I love this book. Five Stars Interesting reading. Solid inspiration to create wiser choices that may result in me being healthier. Five Stars Great book up to now - great delivery Five Stars Awesome Book! We recommend it to all or any This is a Very interesting book.



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