

# A WELLNESS TOOLKIT FOR OUR UNFORTUNATE SONS (AND DAUGHTERS)



LIVING TO 100 YEARS HEALTHY & PAIN  
FREE. A GUIDE FOR THE WORKING CLASS

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## A Wellness Toolkit For Our Unfortunate Sons (and Daughters): Living To 100 Years Healthy & Pain Free. A Guide for the Working Class



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A profile for working class people approaching senior status to regain health and live to 100, be active, and live pain totally free.



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Great read for understanding our health and our healthcare program and getting answers. This book offers a very sound and thoughtful perspective on the existing climate of our collective and individual health condition and "how exactly we got here." The author shines a light on the politico-socio-economic factors that have shaped the current healthcare landscape and he provides answers to help us navigate toward optimum wellness. Great read. Recommend An extremely well- researched and informative, insightful easy read. They are blue collar people from St Luis. I will recommend this book to anyone who wants to live a . Incredibly insightful book which makes such a difference in our preparation for our future.. A must browse for my parents' generation! So insightful and useful. Chuck filled with practical tips healthful aging!!! It took me a while to finish because I read it thoroughly, as I do believe that the info is valuable. Hopefully I'll hit 100. Highly recommend As the daughter of blue-collar working parents, I've seen first hand the unfortunate effects that years of intense labor produces. Great read! That is both very annoying and sad. Has motivated me to create long-lasting changes inside our lives, allowing me to be the architect of my own health and fitness for no cost at all! A must read, gives you the assistance to a healthier life. I believe it's a remarkably helpful guidebook to the complexities of not only what makes us sick, but why is us well. I came across it insightful, he talks about the Affordable Care Take action, Griffith brings a unique and accessible voice to the conversation approximately living healthfully in today's world. Not just because of his knowledge, but detailed study- that was surprisingly- not overwhelming!! Great book! Filled with here is how to live ... Great book! Filled with information on how to live much longer and live better. Healthy and better life. Many of the issues touched on in this publication have been politicized through the years, and this book steps apart from the rhetoric, and just provides facts. This reserve gives insight into the causes that hinder longevity, and gives a street map to the ones that need self-explanatory information. This is a must browse for anyone who wants to turn into a centenarian with independence and dignity. I am recommending this to friends and piers.. Thank you for all the advice. It's about time!! Within the last couple of years there health has truly gone down while their excess weight has gone up. My parents fit the profile offered in this publication very closely. Wishing I can convince my parents to follow it, since it would help them tremendously with their health insurance and lifestyle.! Like many of us I would like to make it there, yet keep my physical independence. This book has allowed us to make living well feel approachable. Scanning this reserve provides helped me better understand after that and toolkit will work. For a long time I saw their health, and the health of their peers and friends deteriorate, and with seldom information available public and accessible on wellness by some of their doctors, I think we all assumed it was something bound to occur and incredibly much expected. I will recommend this reserve to anyone who would like to live an extended and healthy life! Not really your normal self-help, how to shed 20 pounds in 20 times, but instead a detailed study of how bad health/good health is the critical inquiry and how every day choices impact our health and wellbeing. While carefully researched, and filled with facts, holds your curiosity with personal anecdotes and humor. Five Stars Informative and well written. Very interesting and helpful!! recommend this book if you are seeking to finally take a genuine inventory of your wellbeing!! Great read! Highly recommended!. Great resource for anti-aging tips and instruction manual for how ... Great reference for anti-aging tips and instructions for how to approach growing older. Wonderful description of the socioeconomic backdrop that provides rise to therefore many health ailments. Easily understood analysis of the multiple, complex, interrelated factors that affect the physical and emotional health of most of us once we age. Love the actual fact that the publication does not advocate running out and buying a

complete slew of increase products or a specific exercise regime. An excellent guide on how to get the most out of life once we age! As important as finding your way through retirement I'm half method to 100. It has been impossible to get them to perform anything about any of it. As essential as a retirement cost savings book can be Thomas Griffith's "A Wellness Toolkit". Extremely readable and doesn't bore you with statistics. Well written and easy to follow, the info and tips are easy to introduce into ones routine.



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