

We Live Too Short AND Die Too Long

*How to Achieve and Enjoy
Your Natural
100-Year-Plus Life Span*

Newly
Revised
Edition

Walter M. Bortz II, M.D.

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We Live Too Short and Die Too Long: How to Achieve and Enjoy Your Natural 100-Year-Plus Life Span



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Bortz's pioneering research is foundational to our understanding of this subject. Walter M. Bortz put forth his remarkable claim that we are not only biologically programmed to surpass the traditional life expectancy, but that our very approach to aging is certainly grounded in misconceptions and wrong-headedness. The newly revised and extended edition of *We Live As well Short and Die TOO MUCH TIME: How to Achieve and revel in Your Natural 100-Year-Plus Life Span* gets to out to the right now (or shortly to be) graying era of seniors and their households to go over the keys to unlocking this innate longevity and dealing with it in context of the 21st hundred years via his six precepts for successful maturing. That the perceptions and realities of maturing have shifted so significantly since publication of the 1992 edition just underscores the fact that Dr. Though great advances in science and medicine have already been achieved, it is our perceptions of aging that still prevent us from living as long and as enjoyably as we possibly can. Over a decade ago Dr.



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It's what I wanted at this stage in my life, but I would recommend it for college age group college students! Start reading it NOW Inspirational read.



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