



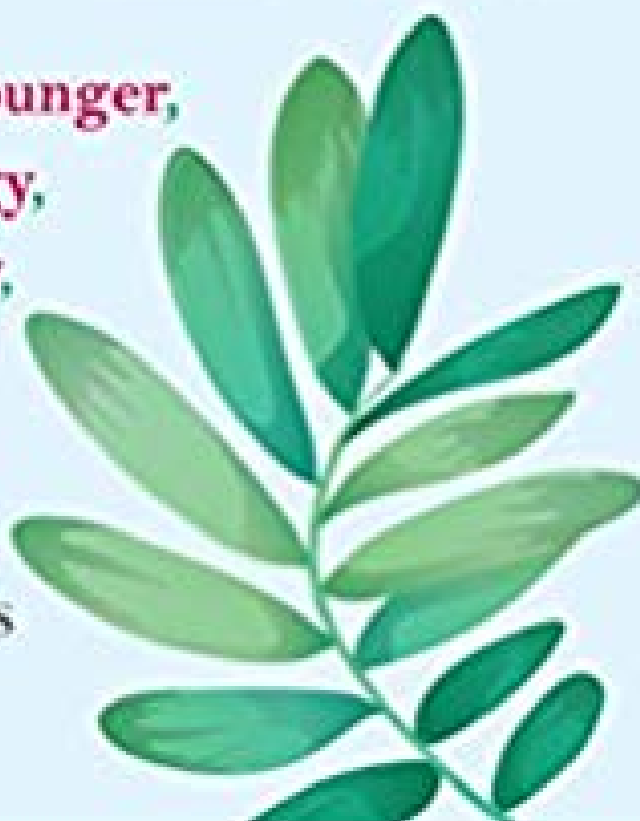
*"The definitive 'how-to' book
for celebrating the second half of life!"*
—Darren Main, author of *Toga* and
the Path of the Urban Mystic

SUPER AGER

You Can Look Younger,
Have More Energy,
A Better Memory,
and Live a Long
and Healthy Life

ELISE MARIE COLLINS

Foreword by Cate Stillman,
author of *Body Thrive*



Elise Marie Collins

Super Ager: You Can Look Younger, Have More Energy, a Better Memory, and Live a Long and Healthy Life



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In her innovative book, Collins presents us with a bold new paradigm of aging, displaying us how we can increase not only our lifespan but also our health span. Super Ager has everything you need to know to "live longer and prosper"; from motion, diet, fasting, brain and memory health to the major impact of interactions on longevity. Younger aging: Yoga instructor, diet expert and healthful living blogger Elise Marie Collins offers compiled a comprehensive appear at what "Super Agers" are carrying out to live lengthy and prosper. Super Ager is normally a practical and concise help to optimal aging. Filled up with science, suggestions for mild daily movement, natural treatments and modern wisdom, Find out about motion at any age, human brain fitness and memory maintenance, foods, supplement and mineral content material cues and clues, and what they do to promote health, prevent disease, and reduce and reverse symptoms of illness. Improved lifespan, better healthspan: #1 Amazon New Release ? Live very long and prosper One of America's top yoga exercise and embodied mindfulness teachers reveals secrets and methods for optimal aging Relationships matter: From India to Japan, northern Europe and the Greek Island of Ikaria "where people forgot to die," she shows how the unique lifestyles of these people can impact and improve our own lives. Through a trip of cultures that have the distinction of producing some of the world's healthiest, oldest people, Collins reveals the secrets for living an extended and fulfilling life in which our later years become a period of wisdom, vitality, and pleasure.



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Her many insightful advice on healthful aging were both valuable and practical. My Mom who is 74 cherished it and has already been putting tips into her daily . Our society, specifically in the USA, must radically switch our mindset on ageing in one of dread and fear (which a good rudimentary understanding of brain/body psychology proves is only going to bring to you exactly what you fear) to 1 of embracing our maturing, recognizing the various needs we require and being pleased with what wisdom we have to share. This reserve is a great source for how to begin! In fact, I just bought my "old cowboy" dad (who lives in Western Nebraska and has NEVER performed yoga or drank kombucha - tho he could like that it's fermented; I would suggest this publication to anyone thinking about this topic or as something special for someone you like. Why? To begin with, Elise does a great work of explaining how Neuroscience confirms what Ayurveda and various other holistic philosophies have practiced for more than 100 years. Elise Collin's engaging writing style alongside her numerous fascinating tales about maturing with grace and vigor was inspirational. That shift then brings prosperity not only to our livelihoods, but also for those who live around us - which is a very special gift indeed! But i'm optimistic that the trade off is worth the effort. If you, like me personally, are fearful about the prospect of aging and loss of mobility, storage and other issues, this is actually the book for you!. I right now feel so encouraged by the research, wisdom and positivity in this publication, I now think that I, too, could be a Super Ager and I am starting out now. Get inspired, get moving and get reading this guide to getting older in the best possible way. The reserve is filled with practical suggestions and the data to support savoring our elder years. This is an excellent guide to empower you to age with grace This is an excellent guide to empower you to age with grace. It really is energizing to understand just how much of aging well is in my hands. The rest of your life could possibly be the best of your life! I actually was impressed and inspired! Well researched, Super Ager rests in a bedrock of research while it's delivery can be warm, light and inviting-- another kind of medicine altogether.. Would love to have given it 5 celebrities, b u t remarkably have come across a few grammatical errors already and am only on page 28. I really like the personal tales of different Super Agers from all over the world. But the best part is the Practice Plan by the end of each chapter. It's great to have pragmatic techniques for how to apply all of the ideas and research around super-ageing to my day to day routine. I have already implemented some of the suggestions and plan to continue. And I've already bought 2 even more copies to give as gifts to family and friends. Filled with Wisdom Delivered with Clarity and Warmth Super Ager is cheerful, well researched and useful. Therefore full of anecdotes that entertain, reinforce and instruct that learning all type of equipment felt easy and available. Most significant is its emphasis on small, continuous improvements and making changes that are very easy you can't say no, hence making intentional, longterm and positive switch seem not only possible, but inevitable! Using science, history, and her understanding of wellness and the brain/body connection through years of teaching yoga, Collins maps out how we can all slow down the processes of maturing (hint: meaningful social connection and exercise seem to be most reliable), and her message can be an inspiring call to action: It's never too late to start living a wholesome, more meaningful life. Super Ager is a thoughtful exploration of how to age gracefully. This is an excellent little book. This is actually the kind of book you get back to ... great organizational style, tone and insights throughout. I liked that most of the info is presented as 'ideas to explore.' My biggest eliminate is how crucial it is to stay engaged, curious and well rested. I was fortunate to get an advance copy of this insightful book... Incredibly researched and informative book. I go through it and gave it to my parents to learn. Distracting typos Kindle version has many typos, why? This is a a breeze read and I'll keep it out to reread tips for implementation in my daily life. Serious topic, valuable

info, fun to learn All the common features of the world's Blue Zones (places where in fact the a lot of people live to end up being over 100) organized for you in such a clear method. My big takeaway from Super Ager is usually that people must invite pleasure into our daily living + make a health our first priority. That is a reserve I keep on my nightstand and return to often. You will too! Informative and enjoyable! This is worth the read. A perfect weekend examine. I sent a copy to my 70+ mother. Needless to say, some changes certainly are a challenge - esp personally for me regarding my glucose craving. Let's all become Super Agers and live longer happy lives! Get inspired I read this book in one sitting! Also, he will value the gist of the author can be proposing - that by honoring our age, we are able to adjust our limitations (specifically the mental ones) and allow the passing of time to become an celebrated advantage. Lovingly embrace the aging process with this amazing book!), a copy for Father's Day. This book reads like advice from your own most knowledgeable and least judgmental friend - helpful, optimistic, interesting, illuminating. My Mother who is 74 cherished it and has already been putting tips into her daily regime. Seeing the world through mindful rose-colored glasses Elise Collins highlights the various tools in a relaxed joyful approach to living a life with ease. Thanks Inspiring Read - Great Gift! Elise is certainly onto something. Not only how to live well and long (and that's HUGE). She's a real instructor and knows how to inspire rather than explaining what you "should" perform for your health. I sailed quickly through the book and have continually referred back to it as a reference information, always quickly finding the info I'm looking for. Would like to have given it 5 stars Up to now only on Chapter 2 and am loving this book. Shining inspiration from this author and feeling at ease her research. I enjoy having someone while knowledgeable as the writer "demystify" Ayurveda for me personally. and smart about the easy things we are able to do to increase our wellness scores This book gave me the inspiration and motivation to tweak my diet plan to move up to some other level of wellness. Collins can be knowledgeable, and wise about the easy things we can do to improve our wellness scores. She loved it. The rest you will ever have could possibly be the best you will ever have! Thanks Elise for offering great tips for healthy living! This book reads like advice from your own most knowledgeable and least judgmental friend . This book can be an intriguing mix of Eastern philosophy, Western science, and personal experiences - all focused on aging gracefully inside our modern world.. Many thanks! I liked it and will be super aging!



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