



THE NORDIC GUIDE TO LIVING 10 YEARS LONGER

**10 Easy Tips for a
Happier, Healthier Life**

Bertil Marklund, MD, PhD

Bertil Marklund MD PhD.

The Nordic Guide to Living 10 Years Longer: 10 Easy Tips For a Happier, Healthier Life



[continue reading](#)

he also introduces the concept of lagom, a Swedish take on moderation. Swedish doctor Bertil Marklund addresses broad ground in just over 100 webpages, providing a comprehensive guide to lifestyle choices, including sleep, diet, workout, and the negative effect of stress; A short guide to an extended life, The Nordic Guidebook to Living a decade Much longer is a pragmatic small book that channels the simple, healthy lifestyle of Scandinavia. Along with his practical and realistic advice, Dr. We are able to all adopt the 10 suggestions outlined in the book without completely rethinking the way we live. Marklund offers you the power to make a difference within your own existence—today, and in the foreseeable future.



[continue reading](#)

but nothing really that brand-new or inspired. I feel like it sells because it's part of the Nordic fad. "This is certainly my philosophy on how I eat." I look & Just okay This paperback book has some common-sense health tips. feel great!..Great summary for health eating Love this simple, readable book. I've bought several to pass out stating; Five Stars Excellent summary I Five Stars Easy to read, not pretentious and incredibly useful.



[continue reading](#)

download free The Nordic Guide to Living 10 Years Longer: 10 Easy Tips For a Happier, Healthier Life djvu

download The Nordic Guide to Living 10 Years Longer: 10 Easy Tips For a Happier, Healthier Life epub

[download Sexy Second Act: Remodel Your Life With Passion, Purpose and a Paycheck ebook](#)

[download free The Obesity Code: Unlocking the Secrets of Weight Loss fb2](#)

[download The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally pdf](#)