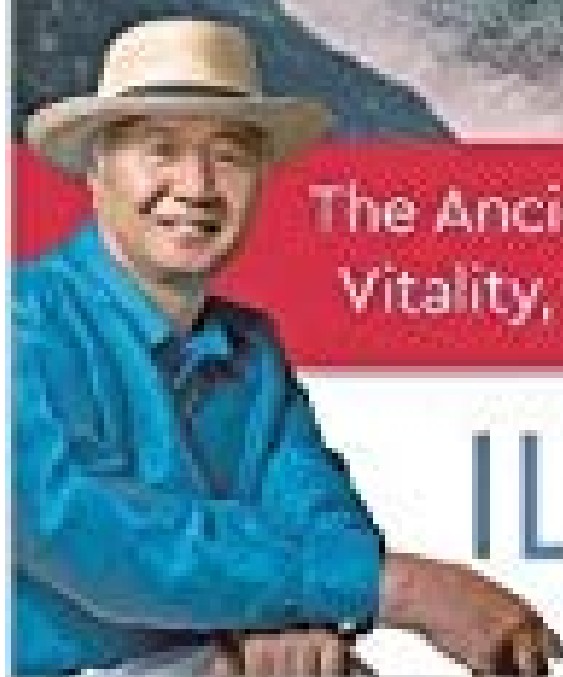


I've Decided TO LIVE 120 YEARS



The Ancient Secret to Longevity,
Vitality, and Life Transformation

ILCHI LEE

NEW YORK TIMES BESTSELLING AUTHOR

Ilchi Lee

I've Decided to Live 120 Years: The Ancient Secret to Longevity, Vitality, and Life Transformation



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New York Occasions bestselling author and one of the very most renowned meditation teachers inside our time, Ilchi Lee challenges you to radically rethink your ideas on aging, health, personal fulfillment, and what's possible in your daily life. This highly anticipated book has recently been loved by many big name authors including don Miguel Ruiz, Dr. Through personal experience, compelling tales, the wisdom of an ancient Korean holistic practice, and current analysis on longevity and fulfillment, Lee shows readers how to live completely at any age without regrets. Would it make a difference in the way you lived? But what if you had more time? For most of our lives, we function hard, reaching for achievement, until we are confronted with pension. A visionary and expert teacher who globalized historic Korea's mind-body tradition, Ilchi Lee lays out a very clear path to a new paradigm of longevity and mastery of existence. This is the book of life mastery for the brave hearted. Imagine if you had another 40 or 50 years to live? Emeran Mayer. Ilchi Lee stresses that you can extend your life method beyond what most of us have accepted as our biological age limit, even up to 120 years. However the real issue is, can we have not only a extended life, but also a fulfilling one? Lee's response is usually a resounding yes, and it starts with the power of preference, a practice of self-reliance, & most importantly, a larger sense of purpose. If you retire at age 65, you may think you have about 20 more years to rest and enjoy your life. Christiane Northrup, Michael Beckwith, and Dr. The inspiration and practical advice you find in this book propels you to help make the necessary changes in your daily life that would help to make a 120-year existence full of vitality, passion, and purpose possible.



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Significantly inspired me to live a meaningful life where I could be fulfilled within myself and affect others, too. I am not just thinking about getting old.! I've started making a new plan which includes eating healthier and exercising more often. I am going to try new stuff such as more outdoor pursuits like paddle boarding and kayaking. I will start acting like I will live to be 120 years old - not easy because it involves a lot of self control and responsibility; With the assistance of the book you are considering 40-60 yr after retirement you could spend in excellent physical, mental and spiritual wellness, remaining a useful, helpful, purposeful member of society. Lee's eternal optimism and personal anecdotes extremely encouraging. I would recommend this reserve to anyone all ages who wants to add a bit of spice with their lives. Ilchi Lee's book and philosophies greatly influenced me to live a meaningful life where I can be fulfilled within myself and influence others, as well. The accumulation of so much good information makes this the type of reserve that you can't simply read and just forget about, you have to do something effective afterwards as the energy really movements you. Not forgetting it's an interesting subject that stirs a lot of debate among close friends and family- how long do you wish to live, and why? What is the purpose and value of lifestyle, and how should we make the most of it? Important questions that we might conveniently overlook in the current busy, competitive, scattered globe. which I thought would be around in my sixties depending on my health and financial condition later on like most people would do nowadays This book, 'I've decided to live to 120 years' by Ilchi Lee, had a deep effect on me.This is essential read for anyone who ever thought about their retirement at least once.Now, deeply inspired simply by this book, I'll rebel my future retirement by at least 20 plus years now that I firmly believe I possibly could achieve that goal.I had vaguely thought about my retirement in the past, which I thought will be around in my sixties based on my health insurance and financial condition in the future like most people would do currently. This book will provide you with such a motivation and several ideas as to how you can live a life healthfully and happily for the others you will ever have. You will realize that such a objective is possibly achieved by your choice. Amazing and unique book that may change your watch of yourself and the globe! Since that time, my attitude toward my body and mind changed significantly. Ilchi Lee provides large insight about living an extended, healthy, purposeful, and fulfilling existence. It offers many facts that provide a solid history to the theories uncovered. Simultaneously, it is rather fresh and simple. The book inspires self-confidence and hope in an exceedingly powerful way, one can experience the author's personal experiences and options to accomplish his best work for himself and for the world. It truly shocks your brain, breaks set up preconceptions, and provides great inspiration.Hopeful is Helpful The moment I started scanning this book, We started looking at the next

half of my entire life in a fresh way. a similar thing said again and again and often not even in a different way. It gives me direction concerning how I could be the best edition of myself and live with content material. So 120 years really just sounded just like a burden. It certainly opened the entranceway of probability for a healthy and long life for myself among others. I have also gained a far more empowering perspective on aging than what I previously thought. After reading the publication, I realized I could take treatment of my own body and brain toward fulfillment through personal care. This was just my perception of ageing. I really like this book. I walk out my method to nourish and look after my body and mind every day, and focus on achieving completion instead of success. Ilchi Lee puts valuable, practical, life affirming messages on every single page. Wisdom for just about any Age Like the remaining author's books, I found this book readable and comprehend. Awesome The guide book to live your life fully This book is like a life's guide book. For older readers, it offers inspiration and encouragement together with the instructions on how best to become stronger physically and mentally. It has guided me to live more healthy, happier and even more compassionate. The tips in this reserve are attainable and provides hope for all of us. glowing reviews simply by Lee's disciples? For one, this book is sorely looking for an editor. A lot of needless repetition - When I heard about living 120 years, I thought it had been way too longer to live. Beyond that, besides claiming to impart some "Ancient Magic formula," the materials is neither magic formula, nor even brand-new for that matter. !I was a bit perplexed originally why this book would have so many glowing five star reviews. I then did research online and found out Lee is the head of an enormous fantastically profitable organization (referred to by many as a cult), but one which is also mired in controversy, including legal action over alleged monetary wrongdoing and sexual assault for Lee. In case you are interested in details browse "The Yoga Cult" content in the Rolling Stone. So I suspect many of the reviews were written by disciples. To make contact with the book, lest critics say my review strays from the reserve, other than repeating over and over the need to have an objective and higher calling in life and looking after your physical health, there is really absolutely nothing here that would help anyone live to 120. Actually, all current research shows that beyond age 85 or so, genes play a very key part in longevity from that point forwards. Finally, if all of the reports approximately the author's over-the-top extravagant lifestyle are true, after that he certainly doesn't practice what he preaches, making the content of this book a lot more questionable. This book offers the easiest and practical physical, mental, and spiritual HOPE for aging well This book offers the most simple and practical physical, mental, and spiritual HOPE for aging well. It really uplifts the aging people into people who can make a positive impact because of their own lives (body and mind), their

communities, and the world. It is easy to examine and directions are obvious. Enjoyed very much, I'll read once again, and keep discussing the highlighted sections. Both provides a solid foundation for building your best life for many years to arrive. The book is filled with ancient wisdom and lifestyle's lesson. I could flip the book open to any web page and read an inspiring passage that is just what I want at that moment. I believed as you have older, you grew ill and died. Having been through the chase for the money and position, you have a more calm and mature summary on life in general that is well worth cherishing and passing on. Simple But Profound Teaching Ilchi Lee's simple but profound teachings have already been the catalyst for much-needed growth at the same time in my life when We felt run-down physically and emotionally. This book offers you all the tips you should accomplish that. The most beautiful thing concerning this book is that it puts retirement as well as your years after 60 right into a totally new prospective. The current concept in the us about retirement is synonymous with Medicare, physical decline, helplessness, uselessness, aimlessness and just waiting to die. but I came across Mr. Turning all that "lessness" into "fullness". With our knowledge about healthful living and the progress in medicine our current age group is definitely our years multiplied by 0.7 (for 60 years you would consider your age group to be 42). Instead of being cast away as a non-productive burden on society, suppose it is possible to spend the other half of your life, 40 as well as 60 years as a helpful mentor to youthful generations by taking treatment of yourself among others in your instant circle and beyond. I highly recommend using the workbook as well. It is all a matter of decision and you also bet, I have made a decision to live 120 years. Great book Thought provoking reserve! Every web page contains a great deal of wisdom and assistance for everyone of any age group. Whenever I thought about how long I possibly could live, I simply imagined living as long as my own body could function correctly. The reserve has trained me how to nurture both my own body and soul in simple ways that have now become part of my lifestyle. The wisdom is easy but powerful, I read the whole reserve and experienced to highlight often since it contains so very much great information I don't desire to forget! Advice are easy and simple to check out. I am utilizing this reserve in many occasions and is becoming part of me. There are therefore many books today which have very good information, but this goes outside of that There are therefore many books today which have very good information, but this goes beyond that. It has also helped me better understand people and our society and how I can become a catalyst of fabricating harmony with all people. I would want to live 120 years, but even if that does not happen, I would like to live a happy and healthy life so long as possible. The second half of your life! Awesome read! A straightforward reading book for almost all ages. For younger readers, it can benefit them build for a content and rewarding future. You can find a lot more to fill your daily life with

after becoming retired. Recommended for everybody especially those retirees who think their lives end there. Get a hold of this well written book and see. Powerful information for every age! Right now I am thinking how I wish to spend my later years doing things differently. Best book I've read to encourage everyone regardless of their age to strive for an extended healthy lifestyle! Inspiring, motivating and packed full of ways to go for an optimal life! Much of it is offered better in various other books, plus some of the original materials is of questionable worth. Very profound and digestible insight Although I am in my 20s' I found this book to be extremely helpful and applicable to actualizing a lot of my own health goals. This book is quite insightful This book gives you a lot of tips on how to live a full and healthy life.



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