



The Blue Zones

Buettner, Dan

Note: This is not the actual book cover

Dan Buettner

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My Rating - Must Read Level - Easy read, moderate length
My Ranking - Must Read Level - Easy read, medium length, but reads quickly
Summary
Blue zones, so named because while researching the initial one, a blue circle was drawn around the region under discussion, are areas on earth where people live the longest. Not merely do they live longer, but live better as centenarians (100 season olds) after that many people much younger do in other parts of the world. The book takes us through the four blue zones, and shares interviews, history, diets and other facts about the life span of the people who live there. The four blue zones are - Sardinia, Okinawa, Loma Linda (California) and Costa Rica. They walked kilometers a day, gardened, etc. I have given up diet beverages and I'm drinking even more water daily. Both of my granddads are 91 years old and show just a few signs of stopping. They have since discovered another one in Greece. His point is no one has to perform marathons or become a powerlifter, you merely have to move often. We were a little bit surprised at the longevity importance of having some type of regular spiritual or spiritual connection to something bigger than yourself, typically a religious community of some sort. I do an edit when I surface. I am consuming healthier meals. However, they all ate meat seldom, anything from once weekly to only a few instances a calendar year.

- Grapes of Life - Wine. It takes on a big function for the Sardinians and the Okinawans beverage sake, however the others consumed no alcoholic beverages. Either way, research has shown a drink or two a day, especially of wines is beneficial to your wellbeing.
- Purpose Now - Having a sense of purpose, or grounds to get up in the morning, something that drives you. Solid motivation to create wiser choices that will result in me becoming healthier.
- Belong - To a community, but part of something bigger than yourself. Religious communities, no matter which one, have already been shown to help people live much longer.
- FAMILY MEMBERS First - Relatedly, take time to cultivate romantic relationships and spending some time with friends and family. Prioritizing social existence is something we really fail at in the US. It provided additional information than the video's that I've seen. All in all, a reserve that everyone should browse, IMHO. I was longing for additional information about each people group's diets and he tends to write in generalizations. Look for people who have the same above traits in mind. If you want to be healthier read this book.'
- Move Naturally - Everyone studied for the book was extremely active. Much of their existence has included the majority of the traits. Contemporary America has us moving further and further away from these exact things. We eat plenty of cheap, processed meals. Adopting as a lot of the Blue Zone way of life will not only assist you to live longer, but the time you do spend can be better and healthier. We usually do not rest frequently. We don't move. I'm presently writing this within my table, I spend far too many hours a time sitting at a desk and questioning how I can move. We don't spend enough time with friends or family members. (...) Absolutely

loved this book Absolutely loved this publication. This book is quite informative and vision opening I've begun to create changes in the manner I eat. Needed a few chapters browse in two times and I didn't have the publication yet! Did amazon primary, first got it ASAP and browse it in time for my assignment. I have been implementing stuff I learned all about the lifestyles of the centenarians ever since, and I feel better than ever! Can't wait to continue these lifestyle choices, and hopefully turn into a centenarian myself :) A book about the parts of the world where the oldest people live, and just how they did it. A great publication. The fact that it has the credentials of National Geographic behind it possesses lot of weight when it comes to the accuracy of the data being well researched. I've read other books on the Mediterranean Diet plan, and on the centenarians of Okinawa and Sardinia. This book added too much to other things I've browse, describing more specifically where these concentrated Blue Zones can be found, which will be the concentrated areas where the centenarians are found. I recommend it to all. Have not read just yet. And it offers many examples of analysis and theories getting studied to comprehend how these people's lives reached the very long healthy lives they have enjoyed, yet, it is not overly technical and very readable. Good read. I really liked this book.

- Ideal Tribe - Individuals who talk about common goals and healthy lifestyle. Nevertheless, it wasn't as in-depth as I hoped. Have got an obese friend increases your chances of becoming overweight. I recommend it to all This is an extremely interesting book. It certainly make you consider changing you life-style. I had to purchase last second for a class. This book my transformation my entire life and help me live longer. The final chapter gives the tips they found in common in every the blue zones to be able to create your own 'blue zone.
- Plant Slant - Apart from the Adventist in Loma Linda, no one was a vegetarian. I am make an effort to use much less and less sugar. A definite issue I applaud Dan Buettner for is that in Sardinia, for instance, they wanted to find a good example of a "more youthful" one who was living in the traditional way therefore they could see how a few of these centenarians acquired likely lived as they aged, and so they followed a captivating 75 year aged shepherd named Tonino Tola around his farm, and documented the amazingly long hard hours this man labored everyday and how he ate. Excellent summary of longevity correlations I liked this book because it did a good job of presenting favorable lifestyle changes in the context of an interesting story about centenarians. The majority of the 9 big summary factors were those that we've all heard a hundred occasions before -- get regular moderate exercise each day, eat a simple diet low on the food chain (grains, beans, vegetables, fruits, and nut), avoid unfavorable types of tension, maintain a confident outlook on life, look for a purpose to inspire you and present meaning to your life, enjoy good sociable times with family and friends, and hang around with individuals who will influence you

positively toward favorable longevity lifestyle options. • Hara Hachi Bu – A term said by the Okinawans before every meal reminding them to consume until they feel 80% full. Apparently following some type of religious lifestyle guidelines will assist you to live longer if you follow them, enable you to feel better about yourself (and even happier, start to see the Happiness Hypothesis book), and enable you to share and support those ideals with other folks in the group (again, the desirable sociable connections help longevity). Many studies have shown that who you hang out with has a huge influence on your lifestyle. Have not read at this time. The book gives many specific types of centenarians, how they lived, their activities, diet, life style. Will return & Calorie restriction provides been proven to be essential in longevity. Five Stars interesting and easy read Reads as an overly long magazine article Eh? It's ok however, not that informative. Reads like an overly long magazine content. Four Stars Wish the letters weren't so small. My Thoughts Things like this are utterly exciting to me. Five Stars Great book up to now – great delivery Five Stars Awesome Book! • Down Change – taking time and energy to relax, meditate or decelerate and enjoy life. Five Stars Interesting reading. I really like this book.!



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