

# Happy To 102



The Best Kept Secrets to  
a Long and Happy Life

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## Happy to 102: The Best Kept Secrets to a Long and Happy Life



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We are living much longer than ever. Once we live much longer, though, we want to appreciate improved health-span alongside increased lifespan. Before we realize it, 102 just may become the brand new 75. Centenarians are the fastest growing segment of our people. Predicated on groundbreaking scientific analysis of the longest living people on the planet, Pleased to 102 spells out precisely what it requires to delay or get away Alzheimer's and additional chronic diseases, slow down the procedure of aging and revel in better health in our senior years. Pleased to 102 lays out all those factors diet, workout, sociability, mental challenge, feeling of purpose that make the difference not only in how long we live but in how well we live. With an focus on aging set up with in-home care, Happy to 102 unlocks the secrets to longevity and inspires us to live happier, healthier lives at any age.



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Everyone should read this I gave this to my 82 year old mom who wished she'd go through something like this a long time ago. For example, the life span alert button idea is easily available to many seniors and is simple to make use of, but overcoming the idea that this is a "baby monitor" in the eyes of the main one who offers to wear it is definitely another matter completely. While previous generations were cultured to end up being frugal and save for their children's inheritance instead of spending their resources on their own care, the new thought direction would be to determine how an aging person can use their resources to retain as very much independence so long as possible. This is a fairly easy read, not too brief, but not too long where someone might weary in it. This is an excellent little paperback book This is an excellent little paperback book.. "Happy to 102" includes a wonderful philosophy of aging. Okay but. Very few of us have such resources so it appears promoting the caregiving agency is an agenda because of this book, instead of guidance for ordinary people. I actually was particularly intrigued by the chapter on the technology available and also in advancement for aging assistance.. just with time for my mom's birthday.. Was in great shape. Would certainly buy from this company again. A Primer for Aging The premise of "Happy to 102" is that folks can age well if indeed they start young and are willing to incorporate some basic lifestyle changes to off-set or delay some organic aging characteristics. The authors seek to raise the recognition of how to age thoughtfully by presenting their study, experience and recommendations in a concise, easy-to-read format. However biases or sales-driven this book may be, the authors make great points. An intro to the mind-established that needs to be established is certainly most helpful and the final outcome citing success tales world-wide leaves the reader with an optimistic view of becoming a centenarian. The authors take the reader through the organic aging life-cycle of independence to inter-dependence to dependence to lay the groundwork for accommodating the changes that naturally occur. I'm reading it today and I'm sure I'll refer back again to it over the years. The authors define independence as "...being in control of how and when stuff are done. While you can think that it really is geared to just a mature reading audience, young people will be surprised at how they maintain turning the pages. Two Stars fair Happy to 102 Sent high grade to it arrived weekly ahead of time. The authors explained an electronic kettle obtainable in Japan that is definitely capable of sending an automatic e-mail message twice a day time to designated individuals who Grandma has produced her tea. This is an example of a more natural monitoring device than the more prevalent telephone-based monitoring control keys that many seniors rely on for summoning help. Most helpful is details on diet and nutrition while there is so small of the information available apart from for weight reduction. My mother is quite well read, academic, but reads mostly poetry and philosophy, hardly ever thinking to read something practical

based on science and research. I'd have appreciated some ideas on how to get current seniors to simply accept most of the aids that are offered to them at this time. The seniors I have experience with fight helps instead of embrace them. I would recommend this reserve to readers who are looking for here is how to age gracefully themselves or who are simply beginning to gradually put on the care-giver part for a loved one. The suggestions and reader-prepared format in "Happy to 102" provides a confident beginning in understanding the combined blessing of advanced age group.[...] "Happy to 102" "Happy to 102: THE VERY BEST Kept Secrets to a Long and Happy Lifestyle" by Kathy Johnson (PhD, CMC), James Johnson (PhD), and Lily Sarafan (MS) is a surprisingly well-written book." The pitch is to use in-home care assistants and care companions between total independence and the proceed to assisted care or full care facilities. The reserve sheds light on what teenagers can do now and what they should do in the future (both for themselves, and also their older parents or close friends). The book discusses nutrition, exercise, mindset, social interaction, and more. Coping with caregivers allows the elderly to take pleasure from regular activities within their own home with some help. An integral aspect that is repeated numerous situations is how the elderly should live in their own home--not a nursing house. The benefits of employing a caregiver (one which may also live-in at their home or at an assisted living area) are profusely repeated. That is no surprise since the publication is published by a company that is known for selling caregivers and their time. The content is organized into chapters that cover, among other activities, nutrition, exercise, safety and mental well-being. A chapter actually dives into a Japanese region where many live over 100 and analyzes why this can be. It also reduces the shame that comes with having a family member need to live-in and look after them. The list continues on but these authors make some very nice points that may leave readers of all ages wondering about how exactly long they will have and how very long they will have the potential to live if they actually do something about any of it. It is normally also a significant book about eating healthy to keep from getting sick and also staying healthy to extend and enjoy existence.. It is most beneficial to those elderly people wondering about staying in their own home where all is certainly familiar or entering a retirement house. While you can find, indeed, 102 suggestions for happily enjoying as many extended years as you possibly can, the reader needs to remember that these suggestions will demand much more information and research to successfully apply them to those who will benefit most from them. This book gives exceptional advice on how best to keep all those areas of your life solid and keep your life long (except that one points out 7 the different parts of your daily life. As a nutritionist I like this book. Great philosophy! Thus giving the reader a choice. The authors are really working to change the way all people think about maturing and elders. I love the reasonable

guidance for eating, exercise and engagement, which actually applies to folks of all ages. I've changed the method my family eats currently. (Quick read, too!) great book for overall health I originally got this book for my grandfather just because a friend recommended it to me. But small did I understand that the book applies not just to older people, but everyone who would like to live "pleased to 102". With fun information and good recommendations, I'd suggest this publication to anyone who wants an excellent reference for healthful living. Happiness and Health My father always explained that it is important to keep a balance in the middle of your physical strength (the body), mental strength (the human brain) and your emotional/spiritual power (your heart). If any of those 3 muscle tissues are weak, the others will suffer. But major premise appears to be that employing a professional caregiver, often full-time, is essential.) I'm going to give it to my mom for her birthday!



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