

I believe that seniors today are not really all that different than these children. Like them, many seniors feel like they've been tossed aside, as though society as a whole has little value for them. And since we're living longer, many of us are living decades of our lives in this condition. This is a true human tragedy; just as too many kids are starting their lives without hope, too many seniors are ending their lives without hope. It has been such a joy to see Brain Education practitioners who have reached the second half of their lives rediscover their hope and enjoy vibrant lives.

Hope, after all, is a perfect source of power. Why? You can create something new if you have hope, even in a situation where you have nothing else, and you can overcome difficulties in any desperate situation if you have hope. No preconditions are required for choosing hope. You don't have to be young, have a lot of money, or have any special talent. Hope is some-

Ilchi Lee

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



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For some of our lives, we function hard, reaching for success, until we are faced with retirement. Through personal experience, compelling tales, the wisdom of an ancient Korean holistic practice, and current analysis on longevity and fulfillment, Lee shows listeners how exactly to live fully at any age group without regrets. Christiane Northrup, Michael Beckwith, and Dr. Emeran Mayer. This is actually the book of lifestyle mastery for the brave hearted. New York Times best-offering author and one of the most renowned meditation teachers inside our period, Ilchi Lee challenges you to radically rethink your ideas on aging, health, personal fulfillment, and what's possible in your lifetime. If you retire at age 65, you may think you have about 20 even more years to relax and revel in your life. But imagine if you had additional time? The inspiration and practical advice you find in this audiobook propels you to make the necessary changes in your daily life that would make a 120-year life filled with vitality, passion, and purpose possible. However the real query is, can we've not only a extended life, but also a fulfilling one? Ilchi Lee stresses that you could extend your life method beyond what just about everyone has accepted while our biological age limit, even up to 120 years. Would it make a difference in how you resided? Lee's answer is normally a resounding yes, and it starts with the power of preference, a practice of self-reliance, & most importantly, a larger sense of purpose. A visionary and master instructor who globalized ancient Korea's mind-body custom, Ilchi Lee lays away a clear way to a fresh paradigm of longevity and mastery of life. This highly anticipated book offers been already loved by many big name authors including Don Miguel Ruiz, Dr. What if you had another 40 or 50 years to live?



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It has guided me to live much healthier, happier and more compassionate! Amazing and exclusive book which will change your view of yourself and the globe! I have started making a fresh plan which includes feeding on healthier and exercising more. I will try new issues such as for example more outdoor activities like paddle boarding and kayaking. I am going to start acting like I will live to be 120 years old - not easy since it involves a lot of self control and responsibility; Get a hold of this well written reserve and see. Lee's eternal optimism and personal anecdotes very encouraging. There are therefore many books today which have very good information, but this goes beyond that There are therefore many books today that have very good information, but this goes over and above that. Ilchi Lee puts important, practical, life affirming text messages on every single page. The reserve has taught me how to nurture both my body and soul in simple ways that have finally become component of my daily life. Not forgetting it's an interesting subject that stirs a whole lot of debate among close friends and family- how lengthy do you want to live, and why? What is the purpose and value of lifestyle, and how should we take full advantage of it? It certainly opened the door of probability for a wholesome and long life for myself and others. At the same time, it's very fresh and simple. I had vaguely thought about my retirement in times past, which I thought will be around in my own sixties depending on my health and financial condition later on like most people would do today. Now, deeply inspired simply by this book, I will push back my future retirement simply by at least 20 plus years now that I firmly believe I could achieve that objective. That is a must read for anyone who ever considered their retirement at least once. I walk out my way to nourish and take care of my body and mind every day, and focus on achieving completion rather than success. You will recognize that such a goal could well be achieved by your choice. Now I am considering how I wish to spend my later years doing things differently. I love this book. With the assistance of this book you are looking at 40-60 season after retirement you could spend in excellent physical, mental and spiritual health, remaining a good, helpful, purposeful person in society. It provides many facts that provide a solid history to the theories uncovered. which I thought would be around in my own sixties based on my health insurance and financial condition in the future like the majority of people would do nowadays This book, 'I've decided to live to 120 years' by Ilchi Lee, had a deep effect on me. The reserve inspires confidence and hope in a very powerful way, you can feel the author's very own experiences and choices to do his best effort for himself and for the globe. It truly shocks your brain, breaks set up preconceptions, and gives great inspiration. Greatly inspired me to live a meaningful life where I could be fulfilled inside myself and affect others, too. When I heard about living 120 years, I thought it was way too very long to live. Whenever I considered how long I possibly could live, I simply imagined living so long as my own body could function properly. I would want to live 120 years, but even if that will not happen, I would like to live a happy and healthy existence for as long as possible. This is just my perception of aging. I believed as you got older, you grew sick and died! Important questions that we might quickly overlook in today's busy, competitive, scattered globe. Since then, my attitude toward my own body and mind changed drastically. This book will give you such a motivation and many ideas as to ways to live a existence healthfully and happily for the rest of your life. The current concept in the us about retirement is certainly synonymous with Medicare, physical decline, helplessness, uselessness, aimlessness and just waiting to die. Wisdom for just about any Age Like the rest of the author's books, I came across this book easy to read and comprehend. This book supplies the most simple and practical physical, mental, and spiritual HOPE for aging well This book supplies the easiest and practical physical, mental, and spiritual HOPE for aging well. Turning all that "lessness" into "fullness". For younger visitors, it

can help them build for a content and rewarding potential. The tips in this publication are attainable and hope for all of us. glowing reviews by Lee's disciples? For one, this book is sorely looking for an editor. A lot of needless repetition – a similar thing said again and again and often not even in different ways. Beyond that, besides declaring to impart some "Old Secret," the material is neither secret, nor even brand-new for example. Much of it really is provided better in various other books, plus some of the original materials is of questionable value. I was a bit perplexed originally why this reserve would have thus many glowing five star reviews. Then i did study online and discovered Lee is the head of a huge fantastically profitable organization (described by many as a cult), but one that can be mired in controversy, including legal action over alleged financial wrongdoing and sexual assault for Lee. If you are interested in details go through "The Yoga Cult" content in the Rolling Rock. So I suspect most of the testimonials were written by disciples. 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. In fact, all current research suggests that beyond age 85 or so, genes play a very key role in longevity from that point forward. Finally, if all the reports about 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 even more questionable. Every web page contains a good deal of wisdom and guidance for everyone of any age. Recommended for everyone especially those retirees who believe their lives end there. The wisdom is easy but powerful, I browse the whole book and had to highlight often since it contains so very much great details I don't need to forget! Enjoyed very much, I will read again, and keep referring to the highlighted sections.7 (for 60 years you'll consider your age group to be 42). The accumulation of so much good info makes this the kind of publication that you can't simply read and just forget about, you need to do something effective afterwards because the energy really movements you. Powerful information for every age! Best book I've go through to encourage everyone regardless of their age to strive for an extended healthy life! I highly recommend using the workbook as well. Both will offer a solid basis for building your very best life for many years to come. The second half you will ever have! To make contact with the reserve, lest critics say my review strays from the publication, other than repeating over and over the necessity to have an objective and larger calling in existence and looking after your physical health, generally there is actually nothing here that could help anyone live to 120. Ilchi Lee's book and philosophies greatly motivated me to live a meaningful lifestyle where I can be fulfilled within myself and affect others, as well. Ilchi Lee provides large insight about living an extended, healthy, purposeful, and fulfilling existence. For older visitors, it offers inspiration and encouragement along with the instructions on how best to become stronger actually and mentally. With this understanding of healthy living and the improvement in medicine our current age is definitely our years multiplied by O. Simple But Profound Teaching Ilchi Lee's simple but profound teachings have been the catalyst for much-needed growth at the same time in my life when We felt run-down physically and emotionally. Rather than being cast apart as a nonproductive burden on society, imagine that you can spend the other half you will ever have, 40 or even 60 years as a useful mentor to more youthful generations by taking care of yourself and others in your immediate circle and beyond. Having been through the chase for the money and status, you have a far more relaxed and mature review on life generally that is value cherishing and moving on. This book is quite insightful This book gives you a lot of tips about how to live a complete and healthy life. Great book Thought provoking book! Awesome The guidebook to live your life fully This book is similar to a life's guide book. It offers me direction concerning how I could be the best version of myself and live with content material. The book is

filled with ancient wisdom and lifestyle's lesson. It is easy to go through and directions are clear. Inspiring, motivating and packed full of ways to go for an optimal lifestyle! I am utilizing this book in many occasions and has become part of me. I would recommend this publication to anyone all age range who would like to add a bit of spice to their lives. It is all a matter of decision and without a doubt, I have made a decision to live 120 years. So 120 years really just sounded such as a burden. This book gives you all of the tips you need to accomplish that. Awesome read! An easy reading book for most ages. Hopeful is effective The moment I started reading this book, We started looking in the 2nd half of my life in a new way. It really uplifts the aging human population into people who can make a positive effect because of their own lives (body and mind), their communities, and the globe. There are a lot more to fill your daily life with after being retired. but I came across Mr. I could flip the book available to any web page and go through an inspiring passage that's just what I need at that time. After reading the book, I realized I possibly could take care of my body and brain toward fulfillment through self care. I've also gained a more empowering perspective on ageing than what I previously believed. Advice are simple and easy to follow. I am not only thinking about getting old. Extremely profound and digestible insight Although I am in my 20s' I found this reserve to be extremely helpful and applicable to actualizing a lot of my own health goals. It has additionally helped me better understand people and our culture and how I could end up being a catalyst of creating harmony with everyone.



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