



Karen Salmansohn

Life Is Long!: 50+ Ways to Help You Live a Little Bit Closer to Forever



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An excellent book! Great book but all hers are. This is a compilation of research based body and mind longevity tips that are easy to implement right away! Karen uses gorgeous artwork along with innovative catchy headlines that produce learning fun and easy! Highly recommend. Thank you Karen Salmansohn designed for inspiring me personally to take better care of myself & Cheers to a long happy life? great facts and beautiful illustrations this book is an excellent gift book or an informative one for yourself filled with lots of tips and factual statements about living healthier and longer, and the illustrations are just beautiful! they fit so well with the tone of the publication. Helpful information. Good quality Still reading. ?? I REALLY LIKE this book! Everything IS possible. I found the meat of the publication to be full of fascinating info that really woke me up to become more conscious in both my physical and mental well-being. I really like this book I love this reserve! The illustrations are beautiful too. It's filled with so many interesting, unusual clinical tests and it's created with humor and easy to understand language. I found myself thinking about the equipment which Karen shared the next day after reading . I will buy this reserve for all my close friends who I would like to grow older with! I think it's both useful and beautifully designed, so that it can make a loving, thoughtful present. The book was a happy surprise the information inside was very helpful. I appreciated the wide variety of clinical tests which Karen included - and how she wrote up everything in a way which was easy to comprehend - and motivational as well. Karen's writing made me feel encouraged and inspired to want to do the longevity practices she recommends. The illustrations had been especially beautiful aswell. Life Enchancing Book! I really like this book since it jampacks so very much truly helpful health and aging information right into a short, fun-to-read book. and more youthful.. Plus a lot of Karen's insights and ideas were not used to me. Karen helps it be quick and easy to learn what I need to know to greatly help protect my health and live longer.. This was a truly interesting book to read as well as ideal for my health! Positive Day Easy to understand. loved it! Love her wit humor and style. Recommend this book! I actually received Karen Salmonsohn's reserve as an advanced reviewer for my podcast. The very first thing you notice may be the beautiful illustrations. You then recognize that Karen took a lot of time to research and find the top tips to be healthy. And lastly, she presents everything in a very clear and frequently funny way.



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