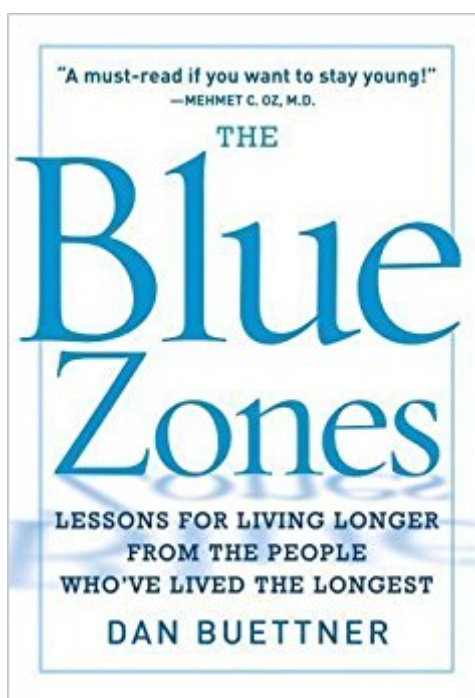


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# The Blue Zones: Lessons For Living Longer From The People Who've Lived The Longest By Dan Buettner



## Book Information

Paperback

Publisher: National Geographic, 2008; 5395th edition (1994)

ASIN: B008253PRK

Average Customer Review: 4.5 out of 5 stars 325 customer reviews

Best Sellers Rank: #1,093,348 in Books (See Top 100 in Books) #118 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #10835 in Books > Self-Help > Motivational

## Customer Reviews

This is a Very interesting book. It really make you think about changing you life style. This book is very informative and eye opening I have begun to make changes in the way I eat. I am try to use less and less sugar. I have given up diet drinks and I'm drinking more water daily. I am eating healthier meals. This book my change my life and help me live longer. I recommend it to all.

I liked this book because it did a good job of presenting favorable lifestyle changes in the context of an interesting story about centenarians. Most of the nine big summary factors were the ones that we've all heard a hundred times before -- get regular moderate exercise every day, eat a simple diet low on the food chain (grains, beans, veggies, fruits, and nut), avoid unfavorable types of stress, maintain a positive outlook on life, find a purpose to motivate you and give meaning to your life, enjoy good social times with family and friends, and hang around with people who will influence you positively toward favorable longevity lifestyle choices. I was a bit surprised at the longevity importance of having some kind of regular spiritual or religious connection to something bigger than yourself, typically a religious community of some kind. Apparently following some kind of religious lifestyle guidelines will help you to live longer if you follow them, help you to feel better about yourself (and even happier, see The Happiness Hypothesis book), and help you to share and support those values with other people in the group (again, the desirable social connections help longevity). All in all, a book that everyone should read, IMHO.

I had heard of Blue Zones. I was very interested, but what I really took away after reading this book, is that the natural diets in these areas were specifically for the area. Being anywhere else in the world is also OK if picking one of these eating types and copying it into your own lifestyle. I think there are other concerns like GMO growing problems, environmental toxins, etc. that could change the statistics. Eating tons of vegetables and fruits seems to be the most beneficial recommendation

for everyone. Small amounts of meat and starches to add variety to the plants. It was a very interesting read, however.

lessons from analysis of niche populations having high numbers of over 100 year old healthy persons

MUST READ!1. It stimulates your mind in a new perspective.2. The author has unique stories from around the world that make you feel like you're apart of something.3. If you're trying to stay young forever, (who isn't?), then read this.

Excellent book, a real revelation on keeping and eating healthily. Interesting tour of several pocket areas where people live actively into their 90s and over 100. Good lifestyle changes recommended, easy and workable. Dan Buettner is an engaging writer, I shall watch for his next books.

great read - life style changing

A written documentary of Beuttner's travels with his NG team visiting the people in his currently and scientifically identified long living blue zones. The vignettes and insights into their lives at a personal level are informative and very readable.

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