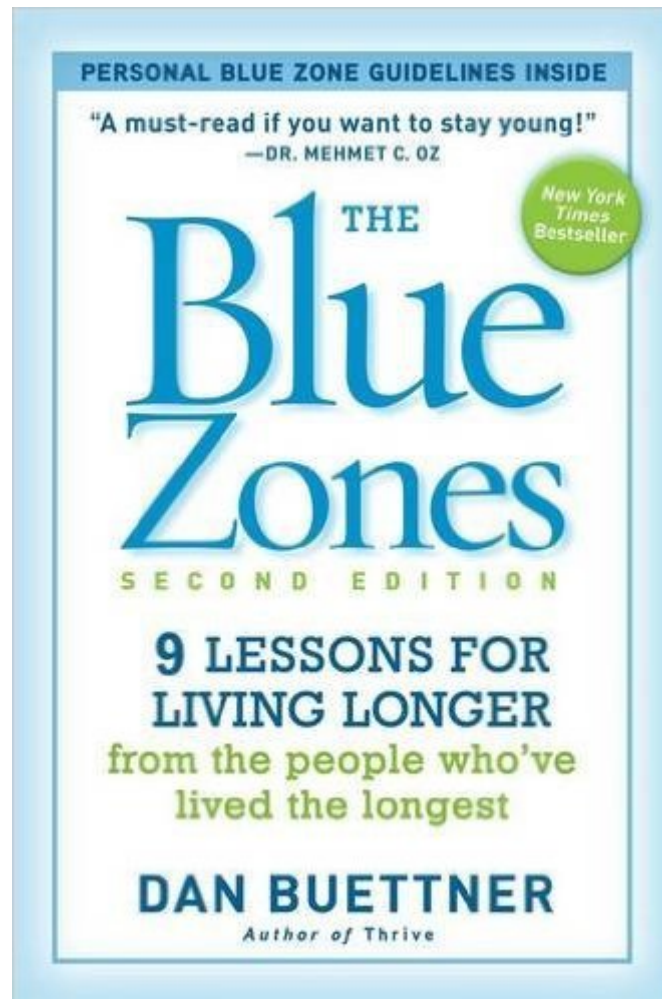


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# The Blue Zones, Second Edition: 9 Lessons For Living Longer From The People Who've Lived The Longest



## Synopsis

Since publishing his bestselling *The Blue Zones*, longevity expert and National Geographic Explorer Dan Buettner has discovered a new Blue Zone and launched a major public health initiative to transform cities based on principles from this book. *The Blue Zones, Second Edition* is completely updated and expands his bestselling classic on longevity, drawing on his research from extraordinarily long-lived communities--Blue Zones--around the globe to highlight the lifestyle, diet, outlook, and stress-coping practices that will add years to your life and life to your years. The new Blue Zone is Ikaria, Greece, where strong, sweet wine, family, and a Mediterranean diet all play a role in longer life. Also new in this book is a reading group guide, designed for groups to read about, discuss, and implement many of the simple changes advocated for better health. A long, healthy life is no accident. It begins with good genes, but it also depends on good habits. If you adopt the right lifestyle, experts say, chances are you may live up to a decade longer. Buettner has led teams of researchers across the globe--from Costa Rica to Sardinia, Italy, to Okinawa, Japan and beyond--to uncover the secrets of Blue Zones. He found that the recipe for longevity is deeply intertwined with community, lifestyle, and spirituality. People live longer and healthier by embracing a few simple but powerful habits, and by creating the right community around themselves. In *The Blue Zones, Second Edition*, Buettner has blended his lifestyle formula with the latest longevity research to inspire lasting, behavioral change and add years to your life. Region by region, Buettner reveals the "secrets" of longevity through stories of his travels and interviews with some of the most remarkable--and happily long-living people on the planet. It's not coincidence that the way they eat, interact with each other, shed stress, heal themselves, avoid disease, and view their world yield them more good years of life. Buettner's easy to follow "best practices" and list of healthy lifestyle choices from the Blue Zones will empower readers to live longer, healthier, more fulfilling lives.

## Book Information

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## Customer Reviews

After learning about the Blue Zones I was inspired to book a vacation with my girlfriend to Ikaria Island in Greece. I have to say it was the one of the best experiences we ever had. I've read all the comments on here, and for those who keep complaining about it's not scientific enough, well they just don't get it and probably never will. The problem with most people is they want to know which foods to eat, which supplements to swallow and what kind of exercises to do at the gym and how often. As the author states it's not about that. It's a combination of many things and all about doing things naturally. Ikaria was the most laid back place I've ever been to. No one is in a hurry there and they have no concept of time. It took me a couple of days to adjust to it, but after working years at a job where your boss freaks out if you are 2 minutes late, it's was a refreshing place. Plus visiting the historic sites, eating the food, interacting with the locals who live there, and visiting the thermal springs, was all refreshing. If there ever was a fountain of youth, this place was it. Everyone was so friendly and treated us like family. We went during the very end of the tourist season to get a better of idea of how the locals really are instead of having to deal with tourist. The wine is different than other wines, the honey is unique, the teas are unique. In fact everything about Ikaria is unique. It's easy to make healthy choices since this place nudges you into them. Even the walks don't seem like exercise because the scenery is so beautiful. Even getting to the beaches at many places requires a climb down the rocks. My point is the author wrote the perfect book in the perfect way.

National Geographic reporter Dan Buettner has traveled the world to discover the secrets from the longest living people. Specialized cities called "Blue Zones," these communities do in fact eat, think, act differently than the rest of Earth's inhabitants. Clearly, these "Blue Zone," citizens are distinct from the rest of the the world, their actions result in them extending their lifespan(s) by many-many-many decades. Very well-written book, fun to read, incredibly insightful. The Center for Disease and Control release their annual world health statistics to the general public each year without much notice. For example, Earth has 7.11 billion inhabitants, the United States is just 4.5% of the general population, Europe has 738 million people on it's continent. Also, Asia has over 4 billion inhabitants, South America over 385 million. Plus, with 196 countries, and/or 7.11 billion, the leading causes of death are (1) heart disease (2-3) prevention. All three of these leading global

killers, misery inducing denominators can be rectified by practicing a healthy lifestyle that is filled with positive habits, more efficient thought patterns along with screenings, checkups from medical person. If one wants to learn how to live a happy, successful, healthy life; then why not learn from the happiest, longest living, healthiest people on Earth? That is what Dan Buettner (author) has compiled in this sharp, fun and easy to read nonfiction book. Dan Buettner (author), begins this book by relaying to the reader that for centuries the "search for the Fountain of Youth is one of the many tales that illustrate the desire to overcome aging" (p.12). Myths, facts, basic daily rituals that have been proven to dramatically increase the lifespan of a human are discussed in generalized terms.

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