

We Live Too Short and Die Too Long (Paperback)

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Reviews

A superior quality ebook and also the font used was interesting to read through. This is for all who statte there was not a well worth reading. I discovered this publication from my dad and i encouraged this pdf to learn. (Felix Lehner Jr.)

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WE LIVE TOO SHORT AND DIE TOO LONG (PAPERBACK)



Bantam Doubleday Dell Publishing Group Inc, United States, 2000. Paperback. Condition: New. Reprint. Language: English . Brand New Book ***** Print on Demand *****. Here is a book on health that puts it all together--a book that gives you the feeling that a personal friend is sharing things of great value with you. --Norman Cousins, author of Anatomy of an Illness Do you expect to live to be 100--and remain healthy and active throughout your very long life? Walter M. Bortz, M.D., a leading authority on aging, former co-chairman of the AMA-ANA Task Force on Aging, and faculty member at Stanford University, says you should. Drawing on a fascinating range of research into the human life span, he shows that America s thousands of centenarians are simply living out the healthy, active, natural life the human body was designed to achieve: one million hours, or 120 years. In this groundbreaking work, Dr. Bortz sets out the essential, controllable elements of longevity and spells out effective, dynamic strategies to help you prevent premature death and add decades of active, satisfying life. He outlines the basic practices you can start today----no matter what your age. And his program of eight simple directives includes both physical and psychological goals that feed the human spirit . . . and allow you to enjoy life fully for more years than you ever thought possible.

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