



## Extraordinary Centenarians in America: Their Secrets to Living a Long Vibrant Life

By Gwen Weiss-Numeroff

Agio Publishing House, Canada, 2012. Paperback. Book Condition: New. 251 x 175 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Extraordinary Centenarians in America is a treasure. In each chapter, you will find pearls of wisdom, which unquestionably you can begin incorporating today, so you too can enjoy such spirited longevity. The people come alive on the pages and will make you laugh, cry, but mostly inspire you. - Charles F. Glassman, MD, FACP, founder of The New York Center for Longevity Wellness and award-winning author of Brain Drain Forget reading about the Forbes 400, you will learn and be inspired more by the Centenarian 30! This book is a must read for all ages. - Dr. Peter Kash, Ed.D/MBA, biotech venture capitalist and international best selling author of Freedom from Disease Meet thirty remarkable centenarians from across the USA who generously share their lives, lifestyles and words of wisdom gleaned from a century of experiences. How did they live so long and so well? Was it purely genetics? Did they have a good diet, exercise, smoke or drink? What did they all do in their 80s, 90s and even 100s to stay busy, healthy and...



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