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“ Healthy at 100 is a marvelous blend of wisdom, hope, courage, and common sense. John Robbins gives us caring, science, and inspiration—a beautiful diet for the heart. ” –Jack Kornfield, author of A Path with Heart

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Healthy at 100 strives to improve both the quality and the quantity of our remaining years—no matter how

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old or how healthy we might currently be—and to reverse the social stigma on aging.

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all live physically active lives, even into their 100's; they all value and revere their elders; and they all have strong spiritual traditions.

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Healthy At 100 : The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples by John Robbins (2007, Perfect) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

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Healthy at 100 is a masterpiece.' - Dean Ornish, M.D. ' Healthy at 100 is a marvelous blend of wisdom, hope, courage, and common sense.

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Well, it seems that "Healthy at 100" is most successful at answering that question. They are not trying a new idea, but merely reporting centuries old ideas that routinely work for four separate populations who are healthy and capable of reaching old age more often than any other group.

Healthy at 100: The Scientifically...
book by John Robbins

Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples
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Healthy at 100 : the scientifically
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healthiest and longest-lived peoples.
[John Robbins] -- By examining the
food and lifestyles of four very
different cultures that have the
distinction of producing some of the
world's healthiest and oldest people,
the author reveals secrets for living an

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