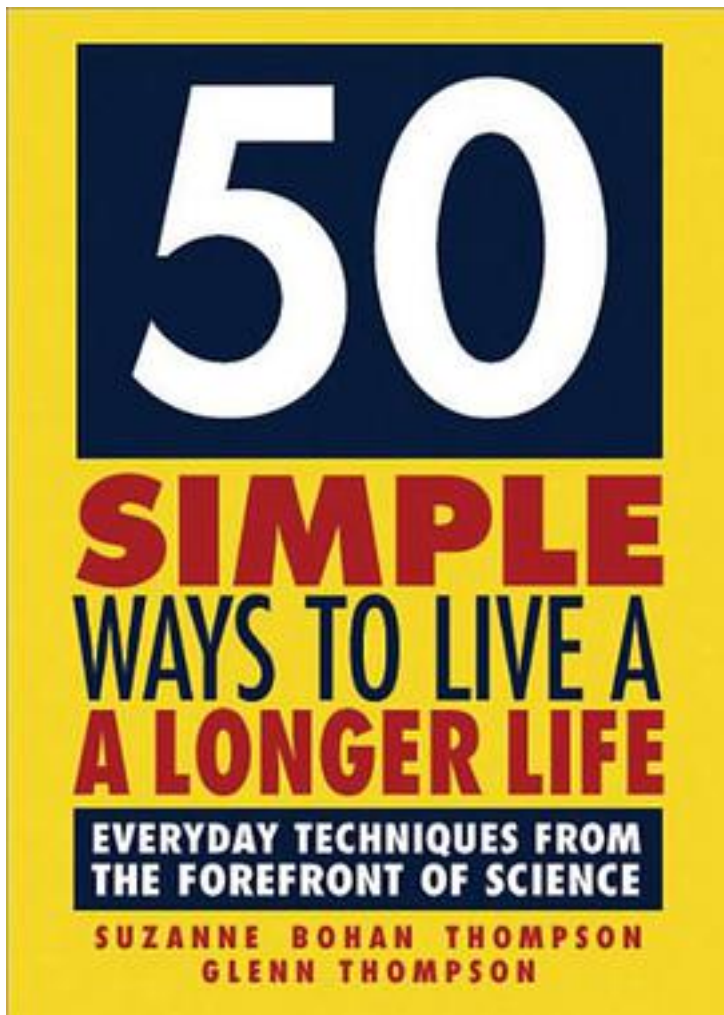


50 Simple Ways to Live a Longer Life



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In 2011, the first wave of the 76 million Baby Boomers will reach age 65, and one in

three American adults will be senior citizens. Everyone wants to know how to live the healthiest and longest life. 50 Simple Ways to Live a Longer Life is an easy-to-comprehend resource packed with the most amazing health discoveries from the forefront of science. It leaves readers inspired to take active roles in extending their own lives and improving their own health. Each chapter contains a different way to extend your life, plus a "Making It Real" section that tells readers what they specifically can do to achieve these benefits. 50 Simple Ways to Live a Longer Life offers fresh perspectives and intriguing information, even on those frequently covered topics like exercise and diet. This book is an affordable, easy-to-assimilate book that will help people add years and vigor to their life.

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