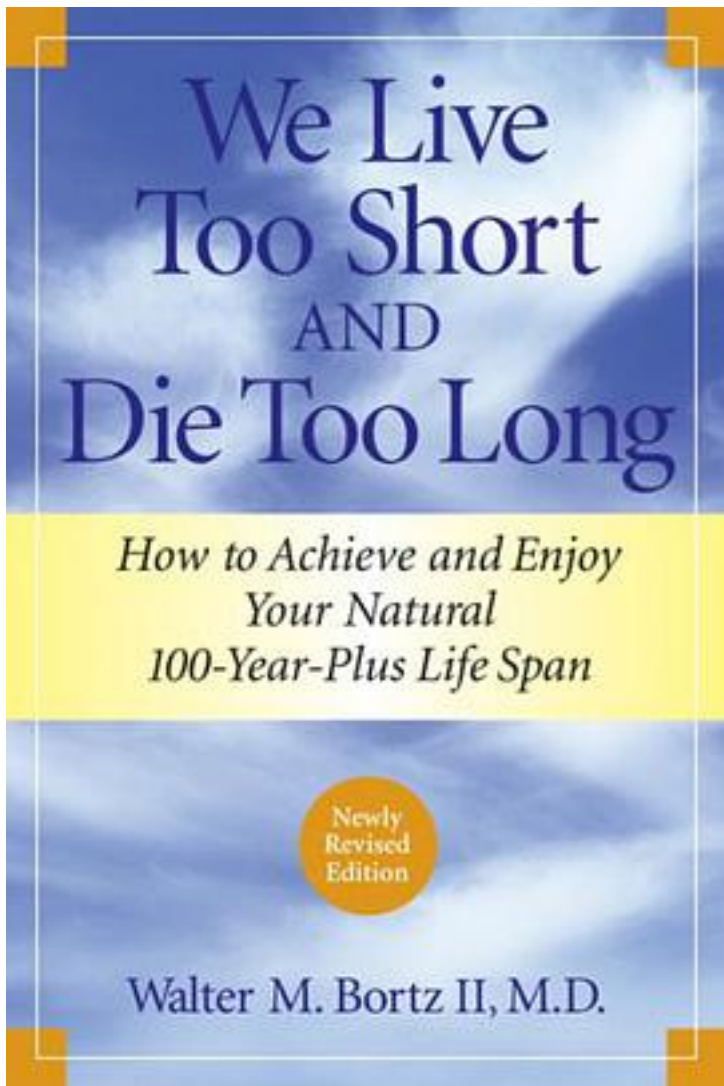


We Live Too Short and Die Too Long



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出版者:Midpoint Trade Books Inc

出版时间:2007-4

装帧:Pap

isbn:9781590791165

Over a decade ago Dr. Walter M. Bortz put forth his remarkable claim that we are not only biologically programmed to surpass the conventional life expectancy, but that our very approach to aging is grounded in misconceptions and wrong-headedness. The newly revised and expanded edition of "We Live Too Short and Die Too Long: How to Achieve and Enjoy Your Natural 100-Year-Plus Life Span" reaches out to the now (or soon to be) graying generation of baby boomers and their families to discuss the keys to unlocking this innate longevity and coping with it in context of the 21st century via his six precepts for successful aging. Though great advances in science and medicine have been achieved, it is our perceptions of aging that still prevent us from living as long and as enjoyably as we possibly can. That the perceptions and realities of aging have shifted so drastically since publication of the 1992 edition only underscores the fact that Dr. Bortz's pioneering research is foundational to our understanding of this subject.

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