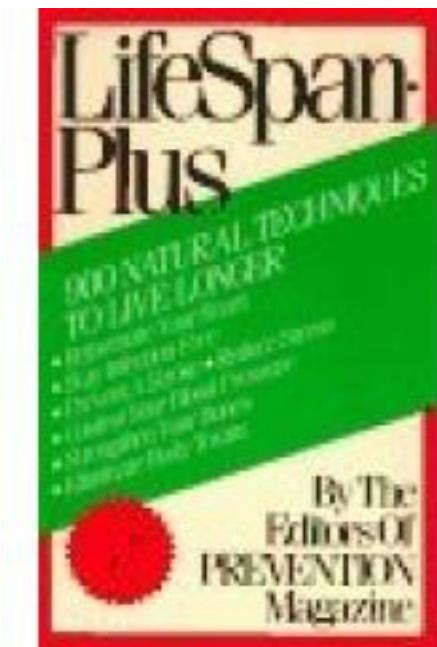


Life-Span Plus



[Life-Span Plus 下载链接1](#)

著者:

出版者:

出版时间:

装帧:

isbn:9781567310252

Nine out of ten deaths in America are caused by people killing themselves. The other cause of death is suicide.

Yes, I'm exaggerating—but only a little. Fact is, many people in the United States do kill themselves. They don't use six-guns, they use six-packs. They don't drown in rivers, they drown in fat. They don't take a sleeping pill, they take a puff. Here's how the scientists

put it:

"Nine of the ten leading causes of [early death] in the United States are linked to one or more of six behaviors: cigarette smoking, misuse of alcohol, lack of exercise, not wearing seat belts, overeating, and failure to control high blood pressure."

That quote is from a report in the New York State Journal of Medicine. It's one of the many medical reports we used in writing Life-Span-PlusReports that started appearing a few years back and gave us the idea for this book. They show--remarkably--that you have the power to extend your life. All you have to do is emphasize specific healthy actions and reduce or eliminate unhealthy ones.

And LifeSpan-Plus is perhaps the best tool ever produced to help you do just that.

作者介绍:

目录:

[Life-Span Plus 下载链接1](#)

标签

评论

[Life-Span Plus 下载链接1](#)

书评

[Life-Span Plus 下载链接1](#)