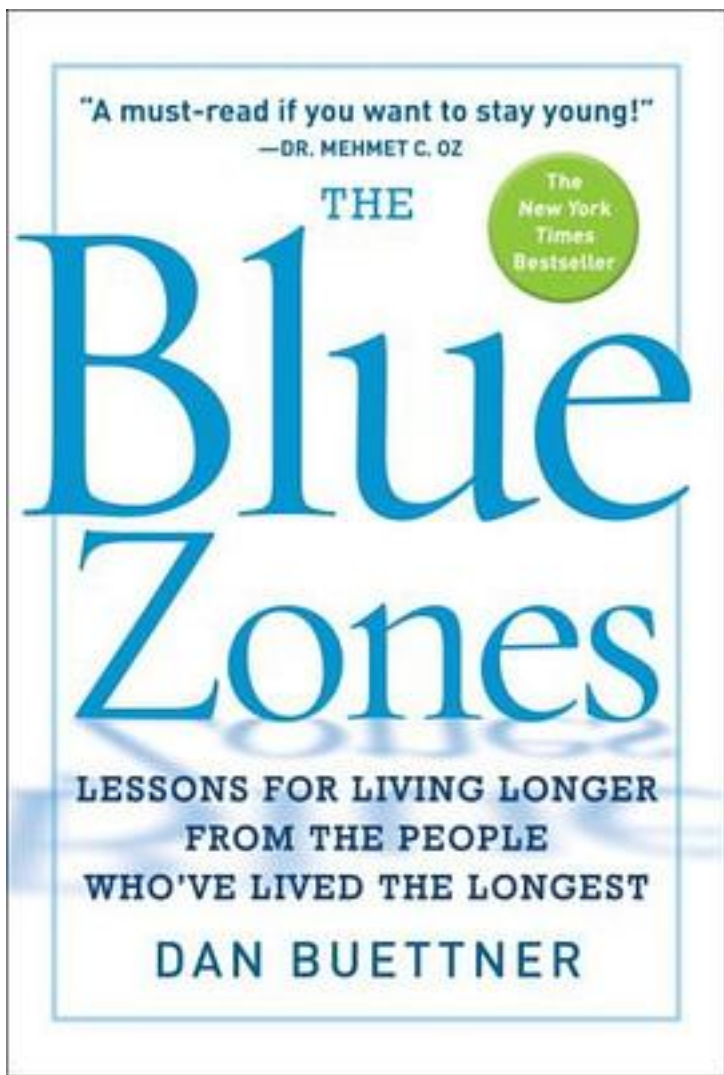


# The Blue Zones



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著者:Dan Buettner

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With the right lifestyle, experts say, chances are that you may live up to a decade longer. What's the prescription for success? National Geographic Explorer Dan Buettner has traveled the globe to uncover the best strategies for longevity found in the Blue Zones: places in the world where higher percentages of people enjoy remarkably long, full lives. And in this dynamic book he discloses the recipe, blending this unique lifestyle formula with the latest scientific findings to inspire easy, lasting change that may add years to your life.

You'll meet a 94-year-old farmer and self-confessed "ladies man" in Costa Rica, a 102-year-old grandmother in Okinawa a 102-year-old Sardinian who hikes at least six miles a day, and others. By observing their lifestyles, Buettner's team has identified critical everyday choices.

作者介绍:

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## 标签

食物

个人管理

2015-2016

## 评论

我们作为一个饮食养生都比较健康的国家，这方面的发声并不多，反而是那些最不健康的国家一天到晚说要怎么健康，还教育别人，搞笑。

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中信阅读时差

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