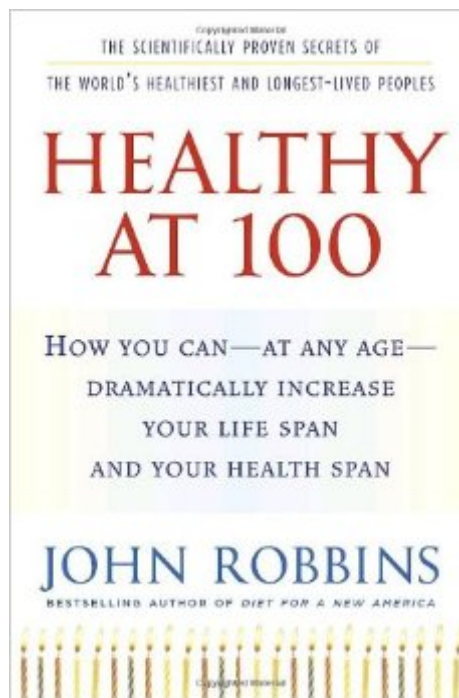


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# Healthy At 100: The Scientifically Proven Secrets Of The World's Healthiest And Longest-Lived Peoples



## Synopsis

Why do some people age in failing health and sadness, while others grow old with vitality and joy? In this revolutionary book, bestselling author John Robbins presents us with a bold new paradigm of aging, showing us how we can increase not only our lifespan but also our health span. Through the example of four very different cultures that have the distinction of producing some of the world's healthiest, oldest people, Robbins reveals the secrets for living an extended and fulfilling life in which our later years become a period of wisdom, vitality, and happiness. From Abkhazia in the Caucasus south of Russia, where age is beauty, and Vilcabamba in the Andes of South America, where laughter is the greatest medicine, to Hunza in Central Asia, where dance is ageless, and finally the southern Japanese islands of Okinawa, the modern Shangri-la, where people regularly live beyond a century, Robbins examines how the unique lifestyles of these peoples can influence and improve our own. Bringing the traditions of these ancient and vibrantly healthy cultures together with the latest breakthroughs in medical science, Robbins reveals that, remarkably, they both point in the same direction. The result is an inspirational synthesis of years of research into healthy aging in which Robbins has isolated the characteristics that will enable us to live long and "most important" joyous lives. With an emphasis on simple, wholesome, but satisfying fare, and the addition of a manageable daily exercise routine, many people can experience great improvement in the quality of their lives now and for many years to come. But perhaps more surprising is Robbins' discovery that it is not diet and exercise alone that helps people to live well past one hundred. The quality of personal relationships is enormously important. With startling medical evidence about the effects of our interactions with others, Robbins asserts that loneliness has more impact on lifespan than such known vices as smoking. There is clearly a strong beneficial power to love and connection. "We all have the tools to live longer lives, and to remain active, productive, and resourceful until the very end," Robbins writes. *Healthy at 100* strives to improve both the quality and the quantity of our remaining years "no matter how old or how healthy we might currently be" and to reverse the social stigma on aging. After reading this book, we will never think about age "or life" in the same way again. "John Robbins has inspired millions of people with his eloquent, clear, compassionate, and insightful guidance on the path to health and fulfillment. *Healthy at 100* may be his finest work to date. If you are interested in extending your health span as well as your life span, read this book! *Healthy at 100* is a masterpiece." "Dean Ornish, M.D., president and director of the Preventive Medicine Research Institute, author of Dr. Dean Ornish's Program for Reversing Heart Disease "This is a remarkably open and heartfelt book full of wisdom and love by an extraordinary man who has been teaching us how to live more healthy

and compassionate lives for over twenty years now. John Robbins has created a new vision of aging for American society.ââ “John Mackey, CEO, Whole Foodsâ œJohn Robbins is one of the most important voices in America today. He cuts through nonsense like no one else does. He gives hope like no one else does. His words are lifelines for both the body and soul. This book can literally save our lives.ââ “Marianne Williamson, author of *A Return to Love* and *A Womanâ*™s Worthâ œHealthy at 100 is a marvelous blend of wisdom, hope, courage, and common sense. John Robbins gives us caring, science, and inspirationâ “a beautiful diet for the heart.ââ “Jack Kornfield, co-founder of the Insight Meditation Society and Spirit Rock, author of *A Path with Heart*â œAs the low-carb diet craze is gone, John Robbins proposes a far healthier approach that leads not just to a healthy weight but also to a joyful and fulfilled life. Healthy at 100 is packed with informed and heartfelt wisdom.ââ “Jorge Cruise, author of *The 3-Hour Diet*, creator of *JorgeCruise.com*â œJohn Robbins inspires me on every page. His unique experiences and viewpoints were the reasons I wanted him to be in my film *Super Size Me*. This book only reinforces my faith in him as a thought-provoking humanitarian.ââ “Morgan Spurlock, producer and director of *Super Size Me*

## Book Information

Hardcover: 384 pages

Publisher: Random House; 1 edition (September 12, 2006)

Language: English

ISBN-10: 1400065216

ISBN-13: 978-1400065219

Product Dimensions: 6.4 x 1.2 x 9.6 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.6 out of 5 starsÂÂ See all reviewsÂ (172 customer reviews)

Best Sellers Rank: #275,454 in Books (See Top 100 in Books) #40 inÂ Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #2856 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #24481 inÂ Books > Self-Help

## Customer Reviews

At one time, I was a research scientist who studied both biochemistry and physiology in graduate school. Now, I work in the psychology area with an emphasis on integrating psychology, the world's wisdom traditions and the mind-body connection. I am well read in a variety of subject areas, I read ravenously in general and I've reviewed a lot of books on . Therefore, when I say this is a GREAT book and that I had difficulty putting it down, this is not faint praise. I actually do believe this should

be a bestseller!The core of this book is the study of four cultures who have a history of producing long-lived people. Specifically, it looks at the Abkhasia of the Caucasus, the Vilcabamba or Ecuador, the Hunza and the centenarians of Japan. It also discusses the China Study in some detail, which was the largest anti-cancer prevention study ever undertaken. In short, the book discusses what these cultures have in common and provides informed opinions about the reasons they experience such long longevity. The whole book is punctuated by interesting facts by authoritative individuals, organizations and other studies. This lends credibility to the author's argument for eating more whole grains, less calories, increasing the consumption of vegetables and fruits, going organic and leading an active life that includes walking, regular exercise of other types and meaningful relationships. One of the more beautiful and poignant premises of the book is that ALL of the cultures mentioned above revere older members of the society and a positive attitude toward aging that is lacking in our society. Mr. Robbins also repeatedly mentions the importance of close relationships and leading a meaningful life.

I laughed when I read the editorial review from Booklist, that begins with the words: "Robbins has moved on from his career as a successful ice-cream manufacturer..." Obviously, that reviewer hasn't actually read *Healthy at 100*. I have, however, and I am exceedingly grateful for all I've learned, and even more for the experiences I have had while reading, and as a result of reading, this extraordinary book. In the days since I finished it, I've felt uplifted in every cell of my body. I also shared it with an older friend, who read it. She then gathered her children, friends, and grandchildren around her so that we could talk together about aging. My friend spoke of what she is grateful for in my life, and all that she is looking forward to in her later years. We talked about our images of aging, where they come from, and whether or not they serve our optimum health potential. None of this would have happened without Robbins' fabulous new book. Prior to reading *Healthy at 100*, like most Americans I had adopted a pretty negative view of aging. But as a result of the exquisite blend of heartfelt wisdom and rational clarity in Robbins' superbly written book, I now have a positive and beautiful vision of what my wisdom years can entail, and the steps I can take not only to live long but to live well. He describes exactly the steps we can take not only to increase our life spans, but also to increase our health spans. I have read a great number of books on health and healing, on diet and exercise, and on the healing powers of love and positive attitudes. I've never read a book as full of truth, as deeply grounded in the joys and struggles of life, as real and authentic, as *Healthy at 100*.

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