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“Healthy at 100 is a marvelous  
blend of wisdom, hope, courage,  
and common sense. John Robbins

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Secrets of World's  
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gives us caring, science, and  
inspiration—a beautiful diet for the  
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“Commonsensical and  
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youth would be wise to listen up.”

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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  
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In Healthy at 100, bestselling  
author John Robbins presents us

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Secrets Of World's Healthiest And Longest Lived Peoples. John Robbins

with a bold new paradigm of aging, showing us how we can increase not only our life span but also our health span.

## Robbins

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'Healthy at 100' presents studies of the world's longest-lived peoples, finding that -- despite their wide geographical separation -- they share certain lifestyle traits in common: They all have a largely vegetarian diet; they all live lightly on the land, in harmony with their environment; they all live physically active lives, even into their 100's; they all value and revere their elders; and they all have strong spiritual traditions.

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Healthiest and Longest Lived Peoples, John  
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Healthy At 100 : The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples by John Robbins (2007, Perfect) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

Healthy At 100 : The Scientifically Proven Secrets of the ...  
Healthy at 100 is a masterpiece.'  
- Dean Ornish, M.D. ' Healthy at 100 is a marvelous blend of wisdom, hope, courage, and common sense.

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Well, it seems that "Healthy at 100" is most successful at answering that question. They are not trying a new idea, but merely reporting centuries old ideas that routinely work for four separate populations who are healthy and capable of reaching old age more often than any other group.

Healthy at 100: The Scientifically... book by John Robbins

Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples Paperback – Aug. 28 2007 by John Robbins (Author)  
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"Healthy at 100 is a marvelous blend of wisdom, hope, courage, and common sense. John Robbins gives us caring, science, and inspiration—a beautiful diet for the heart." -Jack Kornfield, author of A Path with Heart

"Commonsensical and scientifically sound . . . readers

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Secrets Of World's Healthiest And Longest Lived Peoples. John Robbins: seeking that elusive fountain of youth would be wise to listen up.”

Healthy at 100 by John Robbins:  
9780345490117 ...

No heart disease, no diabetes, no hypertension, no cancer, and NO GLASSES! We were taught in medical school that presbyopia is a normal part of aging.

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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.

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Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples User Review - Not Available - Book Verdict. Robbins (Diet for a New America: How Your Food Choices Affect Your Health, Happiness and the Future of Life on Earth ) looks to societies with the greatest proportion of centenarians for clues on ...

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Nonfiction Book Review: Healthy  
at 100: The Scientifically ...  
Healthy at 100 : the scientifically  
proven secrets of the worlds  
healthiest and longest-lived  
peoples. [John Robbins] -- By  
examining the food and lifestyles  
of four very different cultures that  
have the distinction of producing  
some of the world's healthiest  
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reveals secrets for living an ...

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