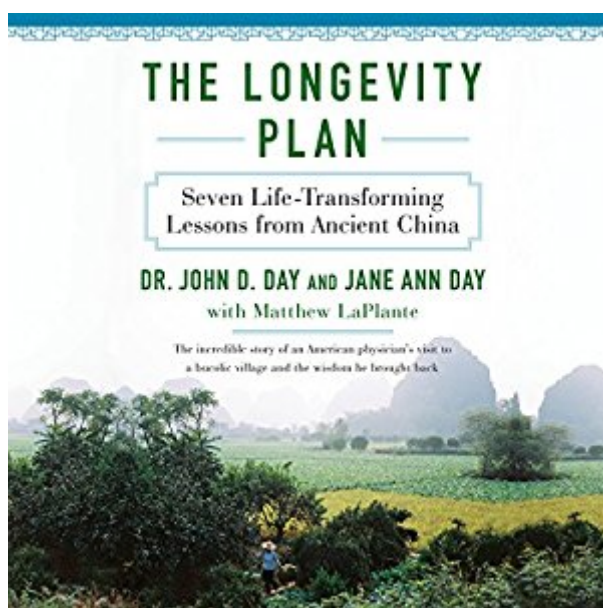


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# The Longevity Plan: Seven Life-Transforming Lessons From Ancient China



## Synopsis

At 44, acclaimed cardiologist Dr. John Day was overweight and suffered from insomnia, degenerative joint disease, high blood pressure, and high cholesterol. On six medications and suffering constant aches, he needed to make a change. While lecturing in China, he'd heard about a remote mountainous region known as Longevity Village, a wellness Shangri-La free of disease where living past 100 was not uncommon. In the hope of understanding this incredible phenomenon, Dr. Day decided to spend time living in Longevity Village. During his time there, he discovered seven principles that work in tandem to create health, happiness, and longevity - rules he applied to his own life. Six months later he had lost 30 pounds, had lowered both his cholesterol and his blood pressure, and had even been cured of his acid reflux and insomnia. Now Dr. Day shares his story and the proven program he's developed to help you, too, feel sharper, more productive, more motivated, and pain-free.

## Book Information

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## Customer Reviews

In a fast paced world of excessive complexity and conflicting voices and opinions, Dr. John has extracted and highlighted some key principles for long term health and happiness. The stories of centenarians in China and his personal experiences with them is very engaging and the principles he highlights are both well researched and accessible. A strong voice for a more simple approach to better health, happiness and longevity. Additionally, Dr. Johns blog is one of the most valuable sources for good health advice that is not compromised by self interest. A must read for everyone

seeking better quality of life.

This is my third book on longevity - the others being: 1. The 100-year life and 2. Life beyond 100 and I find that this book offers more insight for me of the other 2 books. This book is well written, easy to read and offers very clear tips learned from real life experience. It resonates with me as it confirms other advice and tips I read elsewhere prior to these 3 books. There are some new insights I was not aware of before. Worth a read for sure.

A must read for anyone interested in knowing not just how to live longer, but how to do so while staying vital, active, and healthy. Although written by a Doctor (and his wife), there is no medical jargon. Informative, easy to read, and provides hope that we all don't have to go down the path of illness as we age.

Dr. Day spent a considerable amount of time living in a remote part of China (after leaving a busy medical practice in the USA) recording and studying inhabitants of a village considered to have one of the highest percentages of people living more than 100 years while enjoying a happy, busy and disease free life. I was expecting him to find some fantastic herbs, magical exercises, meditation techniques or some type of acupuncture techniques. However the answers he found were more interesting than all of the above mentioned.

An interesting, provocative and well written tome about our eating habits in this country. And why we're really doing ourselves so much harm. The insights Dr. Day provided (through centenarians in China) was fascinating. Highly recommend this book.

Dr. and Mrs. Day's account focuses on what they learned about life from individuals of a small group of Chinese peasants. It is written with utmost sincerity and no condescension. The observations go far beyond the village inhabitants' beneficial food into facets of their philosophy which ought to be amenable to universal application. The book makes thoroughly enjoyable reading and leaves you with a refreshed outlook on life.

Informative book at a good price. Thanks!

Great info from some very smart authors!

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