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Living to 100: Lessons in Living to Your Maximum Potential at Any Age

By Thomas T. Perls, Margery Hutter Silver

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Living to 100: Lessons in Living to Your Maximum Potential at Any Age, Thomas T. Perls, Margery Hutter Silver, Centenarians, once a rarity, are the worlds fastest growing age group: there are currently about 50,000 people over 100 in the United States alone, almost three times as many as there were in 1980. Centenarians are setting the gold standard for healthy aging. What can we learn from these pioneers? How can people decades younger apply the centenarians longevity lessons to their own lives? These are the questions Harvard scientists Thomas Perls and Margery Hutter Silver set out to answer when they launched the New England Centenarian Study. As they probed beyond disease to identify the parameters of an energetic later life, Perls and Silver realized that the key to preserving health and vitality lies not in learning how people stay young, but in understanding how they age well. By identifying lifestyle patterns, vitamins, and medications that contribute to aging well and may even help slow down the aging process they show how all of us can maximize the healthy portion of the life-span. Filled with personal profiles, informational sidebars, and quizzes, Living...



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Her parents died at ages 42 and 50, leaving her an orphan at age 11, along with three siblings, one of whom did live to 96. Genes do play a role in longevity. Dr. Nir Barzilai, a geneticist at the Albert Einstein College of Medicine in New York, reports that centenarians are 20 times as likely as the average person to have a long-lived relative. But a Swedish study of identical twins separated at birth and reared apart concluded that only about 20 to 30 percent of longevity is genetically determined. Personally I do not want to live to be a hundred. Because when its your time to die its your time, plus living that long would be hard. Brittany October 20, 2010 11:50 am. I guess it would be alright to live to be one hundred but I would not be able to do anything. I would just be a blob of that could talk. Actually, the idea of living to 100 never seemed appealing to me -- until I read about these active, vital centenarians. Like the nun's study (Aging with Grace), this is a hopeful, optimistic book. Some make it to 100 -- others don't. More and more people are reaching the age of 100. This book gives certain qualities that are dominant with people who reach 100 such as positive attitudes, social people, exercise, etc. Read more. Expanded from the ground-breaking book Living to 100. Life Expectancy Calculator. The Living to 100 Life Expectancy Calculator uses the most current and carefully researched medical and scientific data in order to estimate how old you will live to be. Most people score in their late eighties how about you? The calculator asks you 40 quick questions related to your health and family history, and takes about 10 minutes to complete. At the end, you will be asked to create an account to store your answers. Take the calculator. In addition you will receive: Personalized feedback for each of your Ever wanted to know how to live to 100 and beyond? Dr. Mario Martinez reveals the 4 biggest secrets of centenarians -- the world's longest lived people. studying the habits and mindsets of the world's longest lived people (known as centenarians) holds the keys for the rest of us to discover how to live to 100 and far beyond. photo: christopher relander. Toxic lessons from cultural editors have a limited effect on centenarians because they learned early in life to imagine a world beyond the one their culture narrowly defines. Your well-meaning friends are not aware they are living in the semantic space of a portal they bought from their culture rather than exploring the opportunities life has to offer them at any age.

Itâ€™s to live by what Warren Buffett calls the "inner scorecard" and ignore the outer one (other people's recognition). -In that same passage, Marcus also writes "If you can't stop prizing a lot of other things? Then you'll never be free" free, independent, imperturbable. I have in my copy a jotted note from Fight Club , "Only when you've lost everything, you are free to do anything." -Book Nine, 6 I found not only a potential epigraph for my book The Obstacle is the Way (which I noted in blue pen in 2013) but the best possible summation of Stoicism there is: "Objective judgement, now, at this very moment. Unselfish action, now, at this very moment." They're falling apart, worn with age. It strikes me what a Stoic would have thought if given a book that was then a couple hundred years old. Start reading Living To 100 on your Kindle in under a minute. Don't have a Kindle? Get your Kindle here, or download a FREE Kindle Reading App. This very informative book explores the mystery of age by researching those who have reached 100 years old. Their research discovers the various factors that contribute to those who have reached their late 90s to over 100 years of age. Many of their findings I am aware of such as the importance of hereditary factors and giving up bad habits such as smoking; however, there are a lot of other issues mentioned that can help anyone live a healthier life as they grow old. An exceptionally short-lived marriage had imploded, and I was jobless, a lone parent, and as poor as it is possible to be in modern Britain, without being homeless." What happened next? She sat at her typewriter and let her imagination run wild. "I figured if I could live off a dollar a day then, at least from a food stand point, it's pretty easy to earn \$30 a month." - Elon Musk. Company: Tesla Age: 44 Net Worth: \$11.9 Billion. Ever wanted to know how to live to 100 and beyond? Dr. Mario Martinez reveals the 4 biggest secrets of centenarians "the world's longest lived people." studying the habits and mindsets of the world's longest lived people (known as centenarians) "holds the keys for the rest of us to discover how to live to 100 and far beyond. photo: christopher relander. Toxic lessons from cultural editors have a limited effect on centenarians because they learned early in life to imagine a world beyond the one their culture narrowly defines. Your well-meaning friends are not aware they are living in the semantic space of a portal they bought from their culture rather than exploring the opportunities life has to offer them at any age. Find many great new & used options and get the best deals for Living to 100: Lessons in Living to Your Maximum Potential at Any Age by Thomas T. Perls, Margery Hutter Silver (Paperback, 1999) at the best online prices at eBay! Free delivery for many products! How can younger people apply the centenarians' longevity lessons to their own lives? In this report of the New England Centenarian Study, the authors set out to answer these questions. Product Identifiers. Publisher.

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