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In The Blue Zones, Second Edition, Buettner has blended his lifestyle formula with the latest longevity research to inspire lasting, behavioral change and add years to your life. Region by region, Buettner reveals the "secrets" of longevity through stories of his travels and interviews with some of the most remarkable--and happily long-living people on the planet.

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remarkable--and happily long-living people on the planet.

The Blue Zones, Second Edition by Buettner, Dan (ebook)

The book is split up into chapters with each of the "Blue Zones" (called as such because the first time they were circled on a map, blue ink was used) having it's own chapter and detailing the most interesting stories of the author and his team's time spent in these places, and the fascinatingly elderly people they met there, with the final chapter bringing together all the commonalities of ...

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The Blue Zones Kitchen: 100 Recipes to Live to 100. Washington, D.C.: National Geographic. ISBN 978-1426220135. Buettner, Dan (2012). The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest. Washington, D.C.: National Geographic.

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Blue Zones—Live Longer, Better - Blue Zones

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One thing common to Blue Zones is that those who live there primarily eat a 95% plant-based diet. Although most groups are not strict vegetarians, they only tend to eat meat around five times per ...

Why People in "Blue Zones" Live Longer Than the Rest of ...

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The Blue Zones, Second Edition eBook por Dan Buettner ...

Dan Buettner and the Blue Zones team identified and studied the world's blue zones, or areas where elders stay sharp, spry, and healthy past 100. Here are the 9 common lifestyle habits of the blue zones.

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