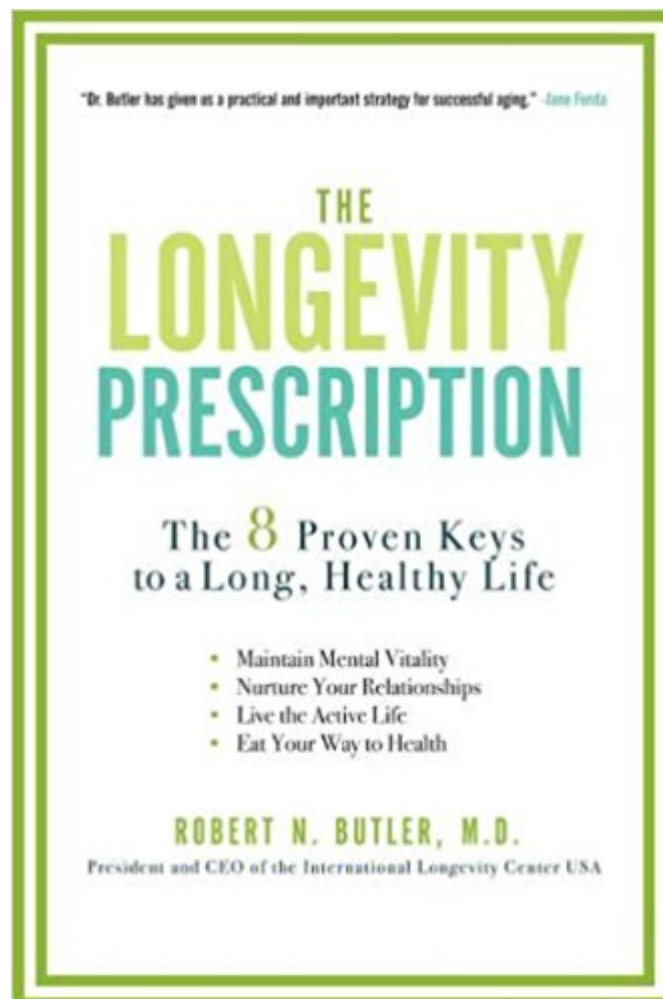




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# The Longevity Prescription: The 8 Proven Keys To A Long, Healthy Life



## Synopsis

The internationally revered, Pulitzer Prize-winning father of geriatric medicine offers a revitalizing plan for living a longer and better life. The Longevity Prescription outlines eight essential facets of longevity: exercise, nutrition, mental vitality, sleep, relaxation, love and intimacy, community connections, and medical care. Based on proven discoveries, the strategies in each of these areas stretch the proceeds of the "three-decade dividend," while delaying or eliminating chronic illness. With step-by-step guidance for formulating an action plan and adopting new habits and strategies, The Longevity Prescription also guides readers through special challenges, such as diabetes and cancer. A baby boomer turns sixty every 7.6 seconds, but many of America's graying millions approach the later years of life with fear and trepidation. Emphasizing clear-cut research findings that balance physical health with emotional well-being, Butler and his colleagues offer a definitive path to whole-life happiness.

## Book Information

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## Customer Reviews

"In this wonderful book, Dr. Robert Butler, one of the world's great figures in the study of aging...offers a rare distillation of the principles for a long and healthy life." -Stanley Prusiner, M.D., Nobel laureate in medicine, or physiology, University of California, San Francisco "Dr. Butler has given us a practical and important strategy for successful aging." -Jane Fonda "Written by the world's foremost expert in the field, Dr. Butler's how-to guide can lead to your own more enjoyable and productive senior years." -Senator John Glenn "In The Longevity Prescription, Dr. Robert Butler distills an enormous literature on aging into eight principles for long life, masterfully providing readers with the real secrets to long and healthy lives." -Laura L. Carstensen, Ph.D., director of

Stanford Center on Longevity "This wonderful book will inspire, educate and help millions of baby boomers to understand how we can take simple actions that will greatly improve our chances not only to live longer, but more important, to make old age the best time of our lives." -James P. Firman, Ed.D., president and CEO of National Council of Aging "Dr. Butler, the preeminent authority on aging and longevity, does a wonderful job of presenting a wealth of current, science-based knowledge on what we can all do to increase our chances of enjoying long, healthy, active and happy lives. He writes beautifully, as befits a Pulitzer Prize winner, and is enormously persuasive." -Humphrey Taylor, chair of Harris Interactive

Robert N. Butler, M.D., is the president and CEO of the International Longevity Center â “ USA and a professor at Columbia Universityâ™s Mailman School of Public Health. The author of the Pulitzer Prize-winning *Why Survive? Being Old in America* and chair of the Council on Aging of the World Economic Forum (Davos), he is a frequent adviser to international agencies, including the World Health Organization, and served as medical editor-in-chief of *Geriatrics* for more than a decade. He lives in New York City.

Reading "The Longevity Prescription" is one of the best things you can do for yourself. As you start to read "The Longevity Prescription" you are now starting on a better path to taking better care of yourself. After reading the book, I was better able to focus on the 8 keys ( maintain mental vitality, essential sleep, set stress aside, nurture your relationships, connect with your community, nutrition, exercise and prevention). By becoming a practitioner of those 8 keys, I am able to have a better quality of mental and physical health. This book is promoting the awareness of the 8 key and to become a practitioner of those key. This book is not promoting to be a fanatic. Dr. Butler, I would like to "Thank you," for providing this very helpful information and for showing each reader of your book, there is a better way to secure a better quality of life and hopefully a longer life. Each of these 8 keys are linked together and by improving one key, you will want to help improving the remaining 7 keys. You have so much to gain from reading this book and process the very helpful information of concepts and ideas found in the "The Longevity Prescription." Savor what you learn and apply from this book! Enjoy.

Fabulous!

Meh. I've read better.

It's a good read. The book that I received was what I expected. Thank you.

I already owned a copy of this book and made this purchase for a friend. It's a very resourceful guide to aging gracefully and getting the Most out of your years. Besides, who's not getting older? You can't start too early to do the right things for your health and if you're getting a later start, this is the book to purchase.

Not much new here that I hadn't already read earlier. Plain vanilla good advice. It is good advice.

husband bought this, not sure what he thought of it, he never said.....what does that say. Thanks

At the end of a long and presumably healthy life, Dr. Butler left this book as an important part of his intellectual legacy. Throughout your life, Butler remarks in a chapter on maintaining mental vitality, your "judgment, accuracy, and general knowledge may ... increase if exercised" (as may your problem-solving skills); this is so because "your brain continues to regenerate nerve cells [and] to reorganize neural pathways based on new experiences." He further notes "three key predictors of healthy mental function in the later years: a can-do attitude, a support system of family and friends, and physical activity." Later chapters explore the bearing on physiological health of these three, of stress management, and of good sleeping and eating habits. In several chapters of the book, he summarizes the science underpinning the various self-assessment questionnaires and action checklists provided. Butler tellingly meant "enjoying" literally when he wrote in a key early chapter, "If you can read and absorb the words [in this book], you can adjust, improve, and amend the way you live to enhance your chances of enjoying" a long and healthy life. Chuck Brandstater

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