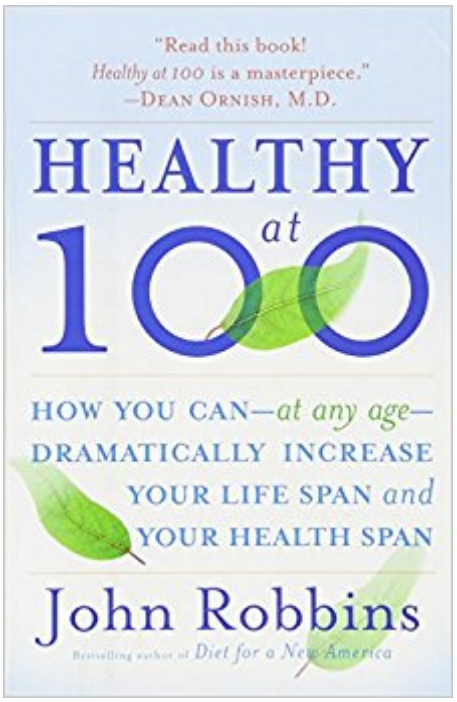
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Healthy At 100: The Scientifically Proven Secrets Of The World's Healthiest And Longest-Lived Peoples



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Synopsis

Why do some people age in failing health and sadness, while others grow old with vitality and joy?In this revolutionary book, bestselling author John Robbins presents us with a bold new paradigm of aging, showing us how we can increase not only our lifespan but also our health span. Through the example of four very different cultures that have the distinction of producing some of the worldÃ¢â ¬â„¢s healthiest, oldest people, Robbins reveals the secrets for living an extended and fulfilling life in which our later years become a period of wisdom, vitality, and happiness. From Abkhasia in the Caucasus south of Russia, where age is beauty, and Vilcabamba in the Andes of South America, where laughter is the greatest medicine, to Hunza in Central Asia, where dance is ageless, and finally the southern Japanese islands of Okinawa, the modern Shangri-la, where people regularly live beyond a century, Robbins examines how the unique lifestyles of these peoples can influence and improve our own.Bringing the traditions of these ancient and vibrantly healthy cultures together with the latest breakthroughs in medical science, Robbins reveals that, remarkably, they both point in the same direction. The result is an inspirational synthesis of years of research into healthy aging in which Robbins has isolated the characteristics that will enable us to live long andÃ¢â ¬â œmost importantÃ¢â ¬â œjoyous lives. With an emphasis on simple, wholesome, but satisfying fare, and the addition of a manageable daily exercise routine, many people can experience great improvement in the quality of their lives now and for many years to come. But perhaps more surprising is RobbinsÃ¢â ¬â„¢ discovery that it is not diet and exercise alone that helps people to live well past one hundred. The quality of personal relationships is enormously important. With startling medical evidence about the effects of our interactions with others, Robbins asserts that loneliness has more impact on lifespan than such known vices as smoking. There is clearly a strong beneficial power to love and connection.Ã¢â ¬Å“We all have the tools to live longer lives, and to remain active, productive, and resourceful until the very end,Ã¢â ¬Â• Robbins writes. Healthy at 100 strives to improve both the quality and the quantity of our remaining yearsÃ¢â ¬â œno matter how old or how healthy we might currently beÃ¢â ¬â œand to reverse the social stigma on aging. After reading this book, we will never think about ageÃ¢â ¬â œor lifeÃ¢â ¬â œin the same way again.Ã¢â ¬Å“John Robbins has inspired millions of people with his eloquent, clear, compassionate, and insightful guidance on the path to health and fulfillment. Healthy at 100 may be his finest work to date. If you are interested in extending your health span as well as your life span, read this book! Healthy at 100 is a masterpiece.Ã¢â ¬Â•Ã¢â ¬â œDean Ornish, M.D., president and director of the Preventive Medicine Research Institute, author of Dr. Dean OrnishÃ¢â ¬â„¢s Program for Reversing Heart

DiseaseÃ¢â ¬Å“This is a remarkably open and heartfelt book full of wisdom and love by an extraordinary man who has been teaching us how to live more healthy and compassionate lives for over twenty years now. John Robbins has created a new vision of aging for American society.Ã¢â ¬Â•Ã¢â ¬â œJohn Mackey, CEO, Whole FoodsÃ¢â ¬Å“John Robbins is one of the most important voices in America today. He cuts through nonsense like no one else does. He gives hope like no one else does. His words are lifelines for both the body and soul. This book can literally save our lives.Ã¢â ¬Â•Ã¢â ¬â œMarianne Williamson, author of A Return to Love and A WomanÃ¢â ¬â„¢s WorthÃ¢â ¬Å“Healthy at 100 is a marvelous blend of wisdom, hope, courage, and common sense. John Robbins gives us caring, science, and inspirationÃ¢â ¬â œa beautiful diet for the heart.Ã¢â ¬Â•Ã¢â ¬â œJack Kornfield, co-founder of the Insight Meditation Society and Spirit Rock, author of A Path with HeartÃ¢â ¬Å“As the low-carb diet craze is gone, John Robbins proposes a far healthier approach that leads not just to a healthy weight but also to a joyful and fulfilled life. Healthy at 100 is packed with informed and heartfelt wisdom.Ã¢â ¬Â•Ã¢â ¬â œJorge Cruise, author of The 3-Hour Diet, creator of JorgeCruise.comÃ¢â ¬Å“John Robbins inspires me on every page. His unique experiences and viewpoints were the reasons I wanted him to be in my film Super Size Me. This book only reinforces my faith in him as a thought-provoking humanitarian.Ã¢â ¬Â•Ã¢â ¬â œMorgan Spurlock, producer and director of Super Size MeFrom the Hardcover edition.

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Customer Reviews

How do the Abkhasians of the Caucasus Mountains, the Vilcabambans of Ecuador and the

Hunzans of Pakistan live to a very old age while enjoying full physical and mental health? RobbinsÃ¢â ¬â •who famously rejected his Baskin-Robbins inheritance to pursue a healthful and compassionate lifestyle that he would eventually trumpet in his bestselling Diet for a New AmericaÃ¢â ¬â •explains that all three cultures eat fruits, vegetables, nuts, whole grains and other natural foods that are low in calories, protein, sugar and fat. They cherish their children and their elders, foster a positive mental attitude and place a premium on vigorous and constant physical activity that is built into their daily routines. Industrialized nations, on the other hand, fear and loathe the aging process and disrespect the elderly. Their citizens often lead stressful lives, stuff themselves with processed foods and drive everywhere. As Robbins challenges readers to give up bad habits and adopt smarter routines concerning food, exercise and work, he distills the familiar philosophies of Dean Ornish and other gurus and serves up some hippie-dippy pap ("Dance in the moonlight"). Yet his advice is mostly commonsensical and scientifically sound, and readers seeking that elusive fountain of youth would be wise to listen up. (Sept. 12) Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Robbins has moved on from his career as a successful ice-cream manufacturer to a zealous devotion to encouraging his fellow Americans to eat better. Here he examines selected data from four diverse cultures renowned for the numbers of centenarians among them. Robbins contends that the reason for these long lives lies in food and lifestyle issues. He sets store by organic foods, small portions, and lots of heart-stimulating exercise, the attributes he finds in common among all these old people despite their vast geographic remove from one another. Robbins' arguments would be strengthened if he presented more rigorous life-expectancy statistics about the general populations in which these elders flourish. Does every person in these societies live to 100? If not, what are the differences between the elders and the rest of their own societies? Advocates of globalization will cringe at Robbins' negative assessment of the inroads of world culture on formerly isolated societies. He stands on much firmer ground when he advocates greater respect for the elderly, their experience, and their wisdom in contemporary, youth-obsessed Western culture. Mark KnoblauchCopyright Ã Â© American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

This book has made such an impact on me that I am buying a copy for a friend. I personally have lost 20 lbs. in 2 months following the regimen, but it is so important to point out a few things: 1. This

book is not about "losing weight

Frankly, I enjoyed this book much more than The Blue Zones. John Robbins presents much more and detailed info, backed up by a ton of relevant scientific data.A must-read for anyone interested in the health and wellbeing of their own and their loved ones.

Listened to this book on Audible and really liked it. Great information and told very well. I want to have this book for reference so I'm buying the physical book. I enjoy how this author writes. This is the 2nd book of his that I have read.

Valuable information from a man with plenty of integrity. I love what he's doing in the world. He does it so well. And I love how packed full of good info this book is. Not so much a, do this, kind of book so much as, look at the commonality between all the cultures who live happy, healthy long lives, kind of book. Love, fellowship, sharing, empathy and of course a healthy plant-based diet and lots of "exercise" in nature are the keys. Respect basically. Respect the earth. Respect her children the animals. Respect each other. And respect yourselves. You can't get away from it. The sooner we all surrender and just, do the right thing, the sooner we'll all flourish and this really will be Heaven on Earth. Get a copy for yourself and also give one to someone you really care about. It's really hopeful. And so doable.

This book involves more of the history of other cultures and how they have learned to be healthy. Very interesting reading material but not recipes for health improvement.

One of the very best arguments for a plant based diet, that the longest lived and healthiest enclaves of humans eat 95-98% whole food plant based. PLUS, it goes into very interesting stories about other healthy and harmonious aspects of their lifestyles that we could all learn from: loving connections, staying physically active, taking time to smell the roses, etc. Very well written, a good read, not at all a tome. A must read for a better world.

I had originally saw this book at the library in passing. It caught my attention and I decided to read it. The introduction was about becoming more lively, being full of energy, and enjoying life as you got older, which was completely contrary to my belief system. I realized that this is possible, but you have to understand the various elements that contribute to a long lasting and healthy way of life.

The book goes into detail about eating healthy, physical exercise, relationships with others, and spirituality. Very informative, recommended.

A lot of significant information, a few tenuous conclusions. Tends to use the science in support of a lifeview preconcieved.

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