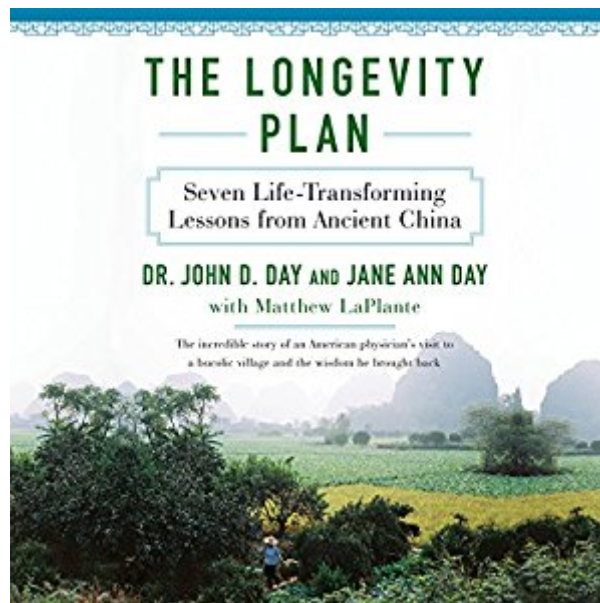




Ebook Directory
the best source of ebook

The book was found

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

Audible Audio Edition

Listening Length: 7 hours and 45 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Dreamscape Media, LLC

Audible.com Release Date: July 4, 2017

Whispersync for Voice: Ready

Language: English

ASIN: B0721CSJT3

Best Sellers Rank: #4 in Books > Travel > Asia > China > General #22 in Books > Audible Audiobooks > Nonfiction > Travel #56 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

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 percentage 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!

[Download to continue reading...](#)

The Longevity Plan: Seven Life-Transforming Lessons from Ancient China China: China Travel Guide: 101 Coolest Things to Do in China (Shanghai Travel Guide, Beijing Travel Guide, Backpacking China, Budget Travel China, Chinese History) China Travel Guide: Best of Beijing - Your #1 Itinerary Planner for What to See, Do, and Eat in Beijing, China: a China Travel Guide on Beijing, Beijing ... (Wanderlust Pocket Guides - China Book 2) International Travel Maps China, Scale 1:3,800,000: Changchun, Beijing, Xian, Wuhan, Shanghai, Hong Kong, Taipei, Yellow Sea, East China Sea, South China Sea, Seoul, Delhi, Calcutta, Hanoi: Itmb China 2008 Ikaria: Lessons on Food, Life, and Longevity from the Greek Island Where People Forget to Die Alexander: The Great Leader and Hero of Macedonia and Ancient Greece (European History, Ancient History, Ancient Rome, Ancient Greece, Egyptian History, Roman Empire, Roman History) Arbitration Concerning the South China Sea: Philippines versus China (Contemporary Issues in the South China Sea) China and Global Trade Governance: China's First Decade in the World Trade Organization (Routledge Contemporary China Series) China: Where To Go, What To See - A China Travel Guide (China,Shanghai,Beijing,Xian,Peking,Guilin,Hong Kong) (Volume 1) China: Where To Go, What To See - A China Travel Guide (China,Shanghai,Beijing,Xian,Peking,Guilin,Hong Kong Book 1) China Travel Guide: Best of Shanghai - Your #1 Itinerary Planner for What to See, Do, and Eat in Shanghai, China: a China Travel Guide on Shanghai, Shanghai Travel Guide, Shanghai Intermittent Fasting: The Fast Diet Plan To Weight Loss Success & Longevity The Whole Foods Diet: The Lifesaving Plan for Health and Longevity The Seven Military Classics of Ancient China The Seven Emotions: Psychology and Health in Ancient China Life in Ancient China (Peoples of the Ancient World) National Geographic Investigates: Ancient China: Archaeology Unlocks the Secrets of China's Past The Daily Life of a Roman Family in the Ancient Times - Ancient History Books for Kids | Children's Ancient History DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

