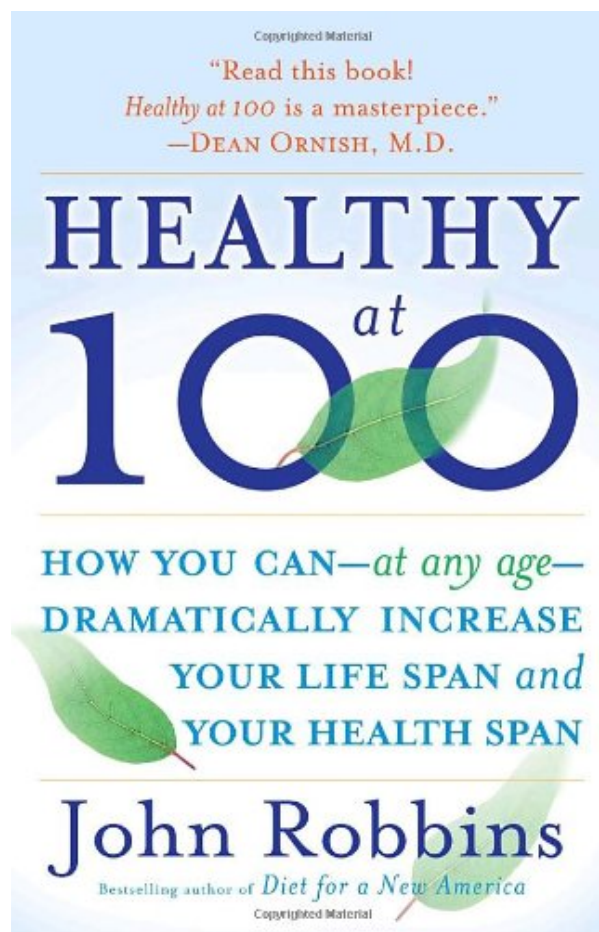


**HEALTHY AT 100: THE SCIENTIFICALLY
PROVEN SECRETS OF THE WORLD'S
HEALTHIEST AND LONGEST-LIVED
PEOPLES BY JOHN ROBBINS**



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—DEAN ORNISH, M.D.

HEALTHY at 100



HOW YOU CAN—*at any age*—
DRAMATICALLY INCREASE
YOUR LIFE SPAN *and*
YOUR HEALTH SPAN



John Robbins

Bestselling author of *Diet for a New America*

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From Publishers Weekly

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? Robbins—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 America*—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)

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Book lovers, when you need a brand-new book to check out, find the book **Healthy At 100: The Scientifically Proven Secrets Of The World's Healthiest And Longest-Lived Peoples By John Robbins** below. Never worry not to locate just what you require. Is the Healthy At 100: The Scientifically Proven Secrets Of The World's Healthiest And Longest-Lived Peoples By John Robbins your needed book now? That's true; you are actually a good user. This is an excellent book Healthy At 100: The Scientifically Proven Secrets Of The World's Healthiest And Longest-Lived Peoples By John Robbins that originates from terrific writer to show you. The book Healthy At 100: The Scientifically Proven Secrets Of The World's Healthiest And Longest-Lived Peoples By John Robbins provides the most effective experience and lesson to take, not just take, yet also learn.

As one of the window to open up the brand-new world, this *Healthy At 100: The Scientifically Proven Secrets Of The World's Healthiest And Longest-Lived Peoples By John Robbins* offers its impressive writing from the writer. Published in one of the preferred publishers, this book Healthy At 100: The Scientifically Proven Secrets Of The World's Healthiest And Longest-Lived Peoples By John Robbins becomes one of the most desired publications recently. Actually, the book will not matter if that Healthy At 100: The Scientifically Proven Secrets Of The World's Healthiest And Longest-Lived Peoples By John Robbins is a best seller or otherwise. Every book will certainly constantly provide best resources to obtain the reader all finest.

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HEALTHY AT 100: THE SCIENTIFICALLY PROVEN SECRETS OF THE WORLD'S HEALTHIEST AND LONGEST-LIVED PEOPLES BY JOHN ROBBINS PDF

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 world'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 and—most important—joyous 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 Robbins' 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.

“We all have the tools to live longer lives, and to remain active, productive, and resourceful until the very end,” Robbins writes. *Healthy at 100* strives to improve both the quality and the quantity of our remaining years—no matter how old or how healthy we might currently be—and to reverse the social stigma on aging. After reading this book, we will never think about age—or life—in the same way again.

“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.”

—Dean Ornish, M.D., president and director of the Preventive Medicine Research Institute, author of *Dr. Dean Ornish's Program for Reversing Heart Disease*

“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.”

–John Mackey, CEO, Whole Foods

“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.”

–Marianne Williamson, author of *A Return to Love* and *A Woman's Worth*

“Healthy at 100 is a marvelous blend of wisdom, hope, courage, and common sense. John Robbins gives us caring, science, and inspiration—a beautiful diet for the heart.”

–Jack Kornfield, co-founder of the Insight Meditation Society and Spirit Rock, author of *A Path with Heart*

“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.”

–Jorge Cruise, author of *The 3-Hour Diet*, creator of JorgeCruise.com

“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.”

–Morgan Spurlock, producer and director of *Super Size Me*

From the Hardcover edition.

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From Publishers Weekly

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–The Roanoke Times

“Thought-provoking . . . highly recommended.”

–Library Journal

Most helpful customer reviews

269 of 278 people found the following review helpful.

Why isn't this a bestseller? (review by former scientist)

By Patrick D. Goonan

At one time, I was a research scientist who studied both biochemistry and physiology in graduate school. Now, I work in the psychology area with an emphasis on integrating psychology, the world's wisdom traditions and the mind-body connection. I am well read in a variety of subject areas, I read ravenously in general and I've reviewed a lot of books on Amazon. Therefore, when I say this is a GREAT book and that I had difficulty putting it down, this is not faint praise. I actually do believe this should be a bestseller!

The core of this book is the study of four cultures who have a history of producing long-lived people. Specifically, it looks at the Abkhasia of the Caucasus, the Vilcabamba or Ecuador, the Hunza and the centenarians of Japan. It also discusses the China Study in some detail, which was the largest anti-cancer prevention study ever undertaken. In short, the books discusses what these cultures have in common and provides informed opinions about the reasons they experience such long longevity.

The whole book is punctuated by interesting facts by authoritative individuals, organizations and other

studies. This lends credibility to the author's argument for eating more whole grains, less calories, increasing the consumption of vegetables and fruits, going organic and leading an activity life that includes walking, regular exercise of other types and meaningful relationships.

One of the more beautiful and poignant premises of the book is that ALL of the cultures mentioned above revere older members of the society and a positive attitude toward aging that is lacking in our society. Mr. Robbins also repeatedly mentions the importance of close relationships and leading a meaningful life. In fact, he cites some sources that suggest that is a more determinant of health than even smoking and other bad habits.

What makes this book especially good is that it compares and contrasts our culture's values, attitudes toward the aged, perspectives on aging and dietary habits with other cultures where senility, heart disease and lingering chronic illness is virtually absent. It makes a strong argument for a vegetarian or near vegetarian diet, but not in a dogmatic way that is offensive. I also think it is a socially useful commentary because it asks the right questions about whether we are caring for, honoring and fully leveraging all the valuable things that older people have to offer. In fact, he directly points a finger at how Western culture often disowns and disempowers older individuals and gives examples of this from the media, movies, etc. In our society, it isn't OK to age and seems to have an effect on how we age.

I have read a number of books on aging and the aging brain by some recognized authorities in the field and what seems to be emerging from their work is that we tend to age in the way we expect to age. It also appears that healthy relationships are a KEY component to aging gracefully, which is directly in opposition to current culture trends of increasing isolation, compartmentalization, etc.

Parts 2, 3, 4 and 5 focus on the following areas: 1) Food; 2) The Body-Mind Connection; 3) The importance of love; and 4) the Human Spirit. These sections take the concepts that were developed in section one and look at the larger implications to the society and individual living within it.

If you are looking for a credible book on aging gracefully with dignity, hope and a chance for a healthy life, you will enjoy this. If you are interested in the influence of culture and beliefs on health, you will find this book an indispensable and informative read. I wholeheartedly recommend this fine and credible book to anyone looking to understand how we age, how we can maintain our health throughout the aging process and the cultural forces that keep us stuck in unhealthy patterns.

103 of 111 people found the following review helpful.

This book scores 100 out of 100

By Francis Tapon

OVERALL: A must read for all homo sapiens who want to live a happy life, not just a healthy one.

PROS:

* Quite rational and measured. Robbins constantly tempers his enthusiasm for the four healthy cultures he examines. He refrains from idealizing them, which strengthens his argument. He doesn't gush over their way of life and points out their shortcomings (e.g., lack of refrigeration, dirt floors, poor telecommunications, etc...).

* Adds two components that he didn't mention much in his previous books: exercise and love. He's always focused on diet, but now he spends more time talking about the importance of exercise and creating a loving community.

* He's less dogmatic about being a vegan. He admits that the longest lived people in the world (the Okinawans) eat fish regularly. His concerns are how fish have more mercury than ever and that we've over-fished our waters.

* Well researched and documented. As usual, Robbins cites his sources for those who want to dig deeper. He's professional.

CON: His argument that the gaps between rich and poor is the predictor of a nation's health is weak. I would have liked to see more evidence of that.

CONCLUSION: I love this book and recommend it to anyone. I've read 3 of his books and this is the best so far. It's balanced and persuasive. He's matured and become quite wise.

64 of 68 people found the following review helpful.

One of the most grounded, beautiful, rich and inspiring books on health I've ever read.

By Theodore Hargrave

I laughed when I read the editorial review from Booklist, that begins with the words: "Robbins has moved on from his career as a successful ice-cream manufacturer..." Obviously, that reviewer hasn't actually read *Healthy at 100*.

I have, however, and I am exceedingly grateful for all I've learned, and even more for the experiences I have had while reading, and as a result of reading, this extraordinary book. In the days since I finished it, I've felt uplifted in every cell of my body. I also shared it with an older friend, who read it. She then gathered her children, friends, and grandchildren around her so that we could talk together about aging. My friend spoke of what she is grateful for in my life, and all that she is looking forward to in her later years. We talked about our images of aging, where they come from, and whether or not they serve our optimum health potential. None of this would have happened without Robbins' fabulous new book.

Prior to reading *Healthy at 100*, like most Americans I had adopted a pretty negative view of aging. But as a result of the exquisite blend of heartfelt wisdom and rational clarity in Robbins' superbly written book, I now have a positive and beautiful vision of what my wisdom years can entail, and the steps I can take not only to live long but to live well. He describes exactly the steps we can take not only to increase our life spans, but also to increase our health spans.

I have read a great number of books on health and healing, on diet and exercise, and on the healing powers of love and positive attitudes. I've never read a book as full of truth, as deeply grounded in the joys and struggles of life, as real and authentic, as *Healthy at 100*. And I've never read a book ultimately as hopeful, as genuinely uplifting, as honoring of who we are and who we can be.

Robbins has written many outstanding best-sellers before, but this may well be his best ever. If you want to read a mature writer at the culmination of his craft, get *Healthy at 100*. If you want to live a healthier life, more centered in your optimum health potential, and more in touch with what really gives you life, read this book. I am going to buy copies for everyone I know who is aging, and I don't mean just the older people in my life. As Robbins points out, aging doesn't begin at 65. We are all aging, every day, and this is the book for those who want to do it well, who want each stage of their life to be fulfilling, creative and vital.

Dean Ornish calls this book "a masterpiece." Marianne Williamson calls Robbins "one of the most important voices in America today." I couldn't agree more.

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