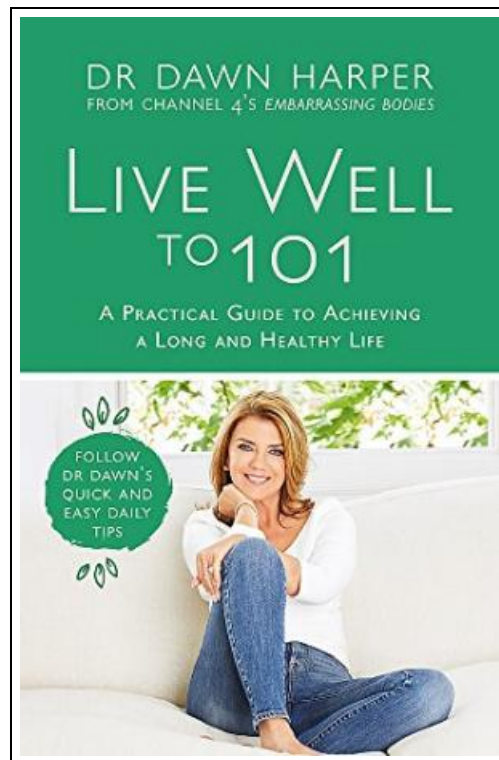


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LIVE WELL TO 101: A PRACTICAL GUIDE TO ACHIEVING A LONG AND HEALTHY LIFE (HARDBACK)



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Headline Publishing Group, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. In Live Well to 101, Dr Dawn Harper, from Channel 4's Embarrassing Bodies, urges you to start investing in your health now to improve your chances of enjoying your latter years to the full. This book is for anyone who enjoyed and learnt from The Longevity Book by Cameron Diaz or The Optimum Nutrition Bible by Patrick Holford. We are living longer. A girl born today can expect to live beyond her 83rd birthday, and a boy half way into his 80th year. But living long doesn't necessarily mean living well. Life expectancy is on a steep upwards curve; but if we do live longer then we need to do everything we can to make sure that we live well to a ripe old age. This is a book about what the medical obstacles are to a healthy old age and what we can do about them. Dr Dawn offers simple, practical advice alongside case studies of centenarians who live a full and healthy life. There are steps that we can all take, starting now, no matter what age we are each at. It's a bit like a pension; the earlier you invest the more you will have in the bank later. And there are lessons for all generations. There is nothing in here that will recommend a hideously restrictive diet or living your life as though you are training for a marathon or about to climb Mount Everest. Instead, it's about showing how small, achievable and sustainable changes really can alter your future. With over 21 years in General Practice, Dr Dawn has gained hundreds of simple tips, all of which can make a substantial difference if practiced as part...



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