



The Longevity Prescription: The 8 Proven Keys to a Long, Healthy Life (Hardback)

By Dr Robert N Butler, M D Robert Butler

Avery Publishing Group, United States, 2010. Hardback. Book Condition: New. 231 x 157 mm. Language: English . Brand New Book. The internationally revered, Pulitzer Prize-winning father of geriatric medicine offers a revitalizing plan for reaping the rich rewards of the final third of life. Dr. Robert N. Butler s name is synonymous with healthy aging. As the founder of the first department of geriatric medicine in the country at Mount Sinai and the National Institute on Aging within the National Institutes of Health, he is widely regarded as the father of geriatric medicine. He is a Pulitzer Prize-winning author, a frequent adviser to the World Health Organization, and the founder of the International Longevity Center, whose mission is to champion research and policy focused on helping our senior population age well and live vibrant lives. In The Longevity Prescription, Butler outlines eight essential facets of longevity: exercise, nutrition, mental vitality, sleep, relaxation, love and intimacy, community connections, and medical care. With each chapter providing specific, prescriptive advice, that has been proven to delay or eliminate chronic illness and promote health, The Longevity Prescription outlines a step-by-step plan for maintaining optimum wellness and offers eye-opening statistics and research-based information. You may...



READ ONLINE
[8.77 MB]

Reviews

This ebook is wonderful. It generally fails to price too much. Your lifestyle period will be transform as soon as you comprehensive reading this ebook.
-- **Otho Bergstrom**

This book might be worthy of a go through, and a lot better than other. it had been writtern really properly and helpful. You may like just how the author write this publication.
-- **Prof. Mattie Beatty**