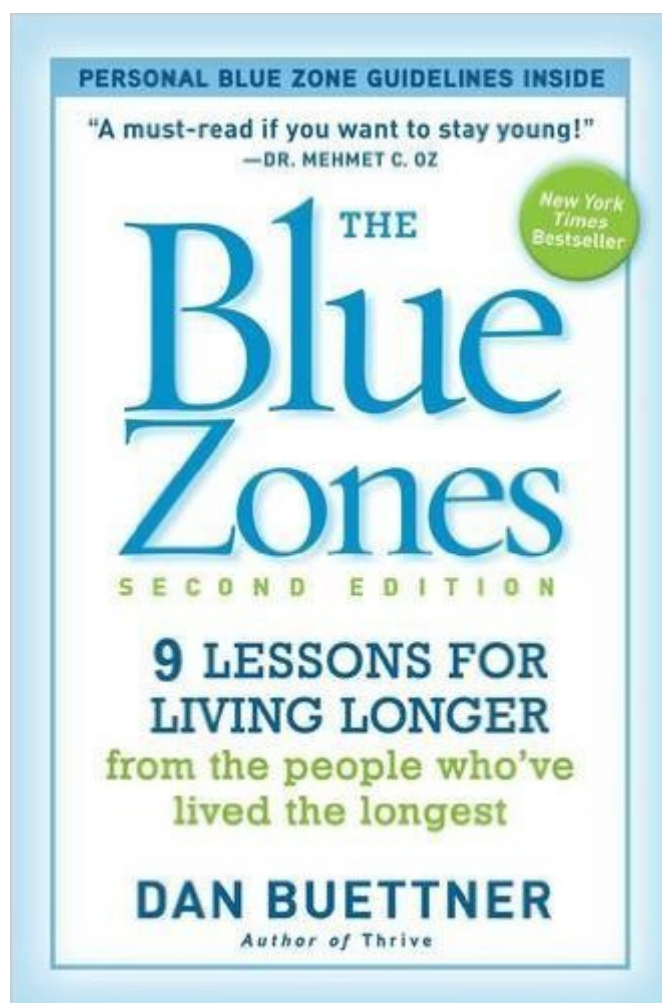


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# The Blue Zones, Second Edition: 9 Lessons For Living Longer From The People Who've Lived The Longest



## Synopsis

Since publishing his bestselling *The Blue Zones*, longevity expert and National Geographic Explorer Dan Buettner has discovered a new Blue Zone and launched a major public health initiative to transform cities based on principles from this book. *The Blue Zones, Second Edition* is completely updated and expands his bestselling classic on longevity, drawing on his research from extraordinarily long-lived communities--Blue Zones--around the globe to highlight the lifestyle, diet, outlook, and stress-coping practices that will add years to your life and life to your years. The new Blue Zone is Ikaria, Greece, where strong, sweet wine, family, and a Mediterranean diet all play a role in longer life. Also new in this book is a reading group guide, designed for groups to read about, discuss, and implement many of the simple changes advocated for better health. A long, healthy life is no accident. It begins with good genes, but it also depends on good habits. If you adopt the right lifestyle, experts say, chances are you may live up to a decade longer. Buettner has led teams of researchers across the globe--from Costa Rica to Sardinia, Italy, to Okinawa, Japan and beyond--to uncover the secrets of Blue Zones. He found that the recipe for longevity is deeply intertwined with community, lifestyle, and spirituality. People live longer and healthier by embracing a few simple but powerful habits, and by creating the right community around themselves. In *The Blue Zones, Second Edition*, Buettner has blended his lifestyle formula with the latest longevity research to inspire lasting, behavioral change and add years to your life. Region by region, Buettner reveals the "secrets" of longevity through stories of his travels and interviews with some of the most remarkable--and happily long-living people on the planet. It's not coincidence that the way they eat, interact with each other, shed stress, heal themselves, avoid disease, and view their world yield them more good years of life. Buettner's easy to follow "best practices" and list of healthy lifestyle choices from the Blue Zones will empower readers to live longer, healthier, more fulfilling lives.

## Book Information

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## Customer Reviews

Read about one of the Blue Zones in this October 2012 article from The New York Times, "The Island Where People Forget to Die":

[http://www.nytimes.com/2012/10/28/magazine/the-island-where-people-forget-to-die.html?pagewanted=all&\\_r=0](http://www.nytimes.com/2012/10/28/magazine/the-island-where-people-forget-to-die.html?pagewanted=all&_r=0) Blue Zones adds a segment on Ikaria [Buettner] would like to draw a big blue circle around the entire USA. • "USA TODAY"

DAN BUETTNER is an internationally recognized researcher, explorer, and author. His company, Blue Zones®, specializes in educating people about health and well-being, based on the latest in global science, social science, and psychological research through massive community public health initiatives. In addition to his notable presentations at the TED conference and two featured appearances on Oprah, he has been a guest on Fox and Friends, CNN and Dr.Oz. Visit Dan Buettner's website at [www.bluezones.com](http://www.bluezones.com). The author lives in Minneapolis, MN.

After learning about the Blue Zones I was inspired to book a vacation with my girlfriend to Ikaria Island in Greece. I have to say it was the one of the best experiences we ever had. I've read all the comments on here, and for those who keep complaining about it's not scientific enough, well they just don't get it and probably never will. The problem with most people is they want to know which foods to eat, which supplements to swallow and what kind of exercises to do at the gym and how often. As the author states it's not about that. It's a combination of many things and all about doing things naturally. Ikaria was the most laid back place I've ever been to. No one is in a hurry there and they have no concept of time. It took me a couple of days to adjust to it, but after working years at a job where your boss freaks out if you are 2 minutes late, it's was a refreshing place. Plus visiting the historic sites, eating the food, interacting with the locals who live there, and visiting the thermal springs, was all refreshing. If there ever was a fountain of youth, this place was it. Everyone was so friendly and treated us like family. We went during the very end of the tourist season to get a better of idea of how the locals really are instead of having to deal with tourist. The wine is different than other wines, the honey is unique, the teas are unique. In fact everything about Ikaria is unique. It's easy to make healthy choices since this place nudges you into them. Even the walks don't seem

like exercise because the scenery is so beautiful. Even getting to the beaches at many places requires a climb down the rocks. My point is the author wrote the perfect book in the perfect way. I didn't want to read some dry boring book about scientific charts and numbers. The author writes from an explorer's point of view and there is no better way to put the points across. So open your mind and forget your normal way of thinking. Or better yet, get off your butt and actually go visit a Blue Zone area like we did. You won't regret it and the book will make even more sense to you after experiencing it yourself.

This is a fabulous book! Sadly, full of things I already knew. And missing some key points. I highly recommend it for anyone wanting to live longer. Avoid fad diets and just be happier and healthier. While some people have complained about the author's descriptive sense and demanded he just get to the point, that would make for a seriously boring book. He gently nudges us along in really knowing the people he interviews, the places he's been and the people he works with. Now, the places the book fails. While he does mention the fact that all of these people are growing their own veggies which means no pesticides, there is no big banner warning about the pesticides in store-bought veggies. People think "organic" means pesticide free. It does not. Even my favorite whole food chef says there's no need to wash organic veggies. Not true. There are still pesticides. The author also makes a repeated point about the benefits of soy - without ever mentioning the problem with our GMO soy. Unless you are buying CERTIFIED non-GMO soy, then don't bother! Whole wheat bread is the food of life. Well, not with all the glyphosate it's doused in. Which now has a definitive link to autism. Again, even organic isn't going to be herbicide free. Don't make the mistake of thinking everything from Whole Foods or Sprouts is super healthy. Both stores really cheap out on their own store brands. If it's not marked organic, then it is not. Here in Las Vegas, our local Smith's has significantly more organic produce and certified non-gmo foods than either Whole Foods or Sprouts. AND, it's cheaper!! The author also states that solitude shortens one's life. Which is a bogus claim. He disagrees that being a workaholic shortens one's life if one actually enjoys work. In the same manner, there are many who enjoy solitude. Historically, there are a number of solitary religious who were centenarians. The author gives excellent tips on how to create your own Blue Zone. Get involved! Make the connection! Find some joy!

Fascinating study of real people and why they live long. Must read if you want more from life. Just slowing down to read this book may extend your life!

I found this book quite fascinating. Although the front cover says , " 9 lessons for living longer", there is not any preaching involved. You can take from the book whatever you would like and probably end up a little healthier as a result. Some of Buettner's interviews with the centenarians are really inspiring, most living a pretty simple life but doing the the healthy things we all should be doing, eating healthier, exercising, getting sleep, putting our mechanical toys away for awhile and staying connected with real people.This is an enjoyable read .

Great book. I definitely learned a lot from reading this.The author takes you with him to these far away places where the oldest people lives, and gives you a full synopsis of their lifestyles. While the book is very informative, it did get a little repetitive and boring at some points. Towards the end I just started skimming over the pages.

Enjoyed reading and highly recommend this book to anyone interested in living a healthy lifestyle and adapting these wonderful habits. This book was a joy.

Well written. Pulls the reader from one Blue Zone to the next. Largely ignores that the choice of food or diet may simply reflect that these are the foods that are available. Surprising, little mention of chicken and fish. Eggs but not chicken.

Excellent book as far as it went. I plan to live to be 100 but will have to do so in an urban environment.That will take great flexibility.Very important I agree but too much emphasis on the diet. It seemed like the driving force to successful aging. I would have liked a more in depth examination of personal philosophies. Our culture does not lend itself to continued family socialization of such an intimate nature as the author describes. I do wonder who is going to need me when I'm 80 plus years.

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