

## **BOOK THE BLUE ZONE**



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### **The Blue Zones Lessons for Living Longer From the People**

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### **The Blue Zones Book Summary Karlbooklover**

That's what the book The Blue Zones is all about. The world is full of different cultures and civilizations with their unique habits and ways of living. In some cultures, people seem to live longer and healthier lives. One of those Blue Zones is the Italian island of Sardinia.

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### **The Blue Zone by Andrew Gross Goodreads Share book**

THE BLUE ZONE is a rather pedestrian thriller, but if you like the work of James Patterson or Harlen Coben you won't be too disappointed, yet you most likely will not be thrilled. The title refers to a classification within the Witness Protection Program (WITSEC).

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### **Book Review The Blue Zones Second Edition by Dan**

The book is split up into chapters with each of the "Blue Zones" (called as such because the first time they were circled on a map, blue ink was used) having its own chapter and detailing the most interesting stories of the author and his team's time spent in these places, and the fascinatingly elderly people they met there, with the final chapter bringing together all the commonalities of the zones.

<http://ebookslibrary.club/download/Book-Review--The-Blue-Zones--Second-Edition--by-Dan--.pdf>

### **The Blue Zones Second Edition 9 Lessons for Living**

The latest 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.

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### **The Blue Zones Summary Four Minute Books**

Read the Blue Zones summary to find out where people live to be over 100 years old, what they eat & drink and why you should put family first. Here are 3 lessons from the book to help you up your life expectancy: The right lifestyle can add a decade to your life. Drink more, eat less.

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### **Recipes Blue Zones**

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