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The Blue Zones of Happiness. New York Times best-selling author Dan Buettner reveals the surprising secrets of the world's happiest places and shows how we can all apply the lessons of true happiness to our lives. In this inspiring book, Buettner offers game-changing tools for setting up your life to be the happiest it can be.

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The book takes us through the four blue zones, and shares interviews, history, diets and other facts about the life of the people who live there. The four blue zones are Sardinia, Okinawa, Loma Linda (California) and Costa Rica. They have since discovered another one in Greece.

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The Blue Zones Lessons for Living Longer from the People

The book differs from the typical fare of longevity offerings whereby the author has determined that there are specific areas of the world "Blue Zones" where people are known to live significantly longer than the normal life expectancy of an industrialized nation.

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The Blue Zones Lessons for Living Longer From the People

The blue zones are regions in the world where an inordinate number of people live healthy lives to very old age, often beyond 100. In this book, Dan Buettner personally goes on research expeditions to various locations around the world.

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The Blue Zones Book Summary Karlbooklover

Most Blue Zones have a thing in common, their diets are predominantly based on plants. Meat and other animal products are either the exception or used as a condiment, not the main dish. In Japan's Blue Zone of Okinawa, there is a special philosophy regarding food: They only eat until they are 80% full.

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The Blue Zones Second Edition 9 Lessons for Living

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.

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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 Harlan 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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'Blue Zones' author 9 secrets to live a long life USA TODAY

Dan Buettner, right, poses with Mihalīs Gerakis, 85, of Ikaria, Greece. Buettner has continued his research on longevity and is updating his book 'Blue Zones' with a new chapter.

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Blue Zone Wikipedia

Blue Zones are regions of the world where Dan Buettner claims people live much longer than average. The five regions identified and discussed by Buettner in the book *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*: An old Sardinian man.

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