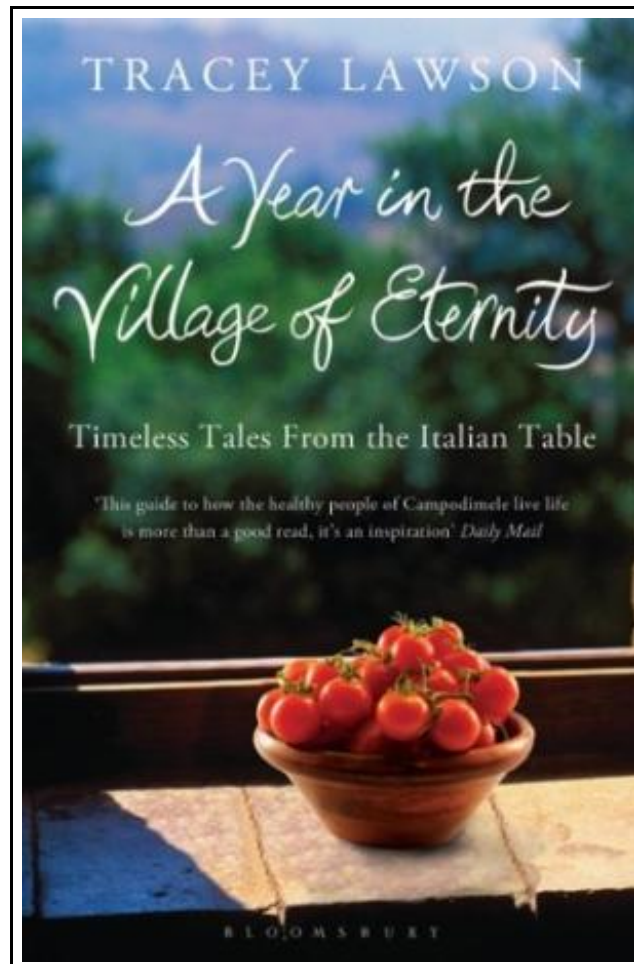


A Year in the Village of Eternity



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Reviews

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Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, A Year in the Village of Eternity, Tracey Lawson, The village of Campodimele in the Aurunci Mountains has been called 'the village of eternal youth' by the scientific community, after a study revealed the astonishing longevity of its inhabitants. The average life expectancy of the Campomelani is 95, compared to the European average of 75 for men and 82 for women. Not only do the villagers live to an extraordinary age, but they also enjoy healthy and active lives at an age when many people in the UK have succumbed to general infirmity or the three major plagues of Western life: cancer, heart disease and diabetes. How do they do it? Tracey Lawson decided that the only way to find out was to spend some time living in the village herself. This book chronicles twelve months in the life of Campodimele, focusing on the seasonal cooking and eating habits that doctors believe are the key to the villagers' long lives. There are insights from such colourful characters as Gerardo, who still zips down to the wheat fields on his aged scooter, and Maria, who is often seen chasing hens up the hill on her 83-year-old legs, as well as a year's worth of timeless, simple recipes that will seduce even the busiest urbanite. With full-colour plate sections to show off the wealth of gorgeous photography, A Year in the Village of Eternity is at once a Mediterranean cookbook, a sensible and inspiring food manual and a stunning, unique travel book; a winning cross between Under the Tuscan Sun and Jamie's Italy with a dash of You Are What You Eat.

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