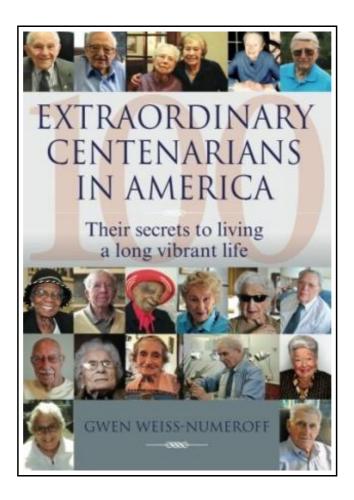
# Extraordinary Centenarians in America: Their Secrets to Living a Long Vibrant Life



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# EXTRAORDINARY CENTENARIANS IN AMERICA: THEIR SECRETS TO LIVING A LONG VIBRANT LIFE



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Agio Publishing House, Canada, 2012. Paperback. Book Condition: New. 251 x 175 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Extraordinary Centenarians in America is a treasure. In each chapter, you will find pearls of wisdom, which unquestionably you can begin incorporating today, so you too can enjoy such spirited longevity. The people come alive on the pages and will make you laugh, cry, but mostly inspire you. - Charles F. Glassman, MD, FACP, founder of The New York Center for Longevity Wellness and award-winning author of Brain Drain Forget reading about the Forbes 400, you will learn and be inspired more by the Centenarian 30! This book is a must read for all ages. - Dr. Peter Kash, Ed.D/MBA, biotech venture capitalist and international best selling author of Freedom from Disease Meet thirty remarkable centenarians from across the USA who generously share their lives, lifestyles and words of wisdom gleaned from a century of experiences. How did they live so long and so well? Was it purely genetics? Did they have a good diet, exercise, smoke or drink? What did they all do in their 80s, 90s and even 100s to stay busy, healthy and happy? Learn from those who lived the longest and the strongest, including: Besse Cooper - 116 - World s oldest person Dr. Leila Denmark - 114 - Co-developer of the whooping cough vaccine, longest working pediatrician Irving Kahn -106 - World s oldest active investment professional Errie Ball - 102 - Pro Golfer and only surviving member of the first Masters Tournament Ebby Halliday - 101 - Founder and chairperson of one of the largest realty companies in America Bel Kaufman - 101 - Renowned novelist, lecturer and humorist Other centenarians celebrated range from homemakers to heroines, artists to...

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