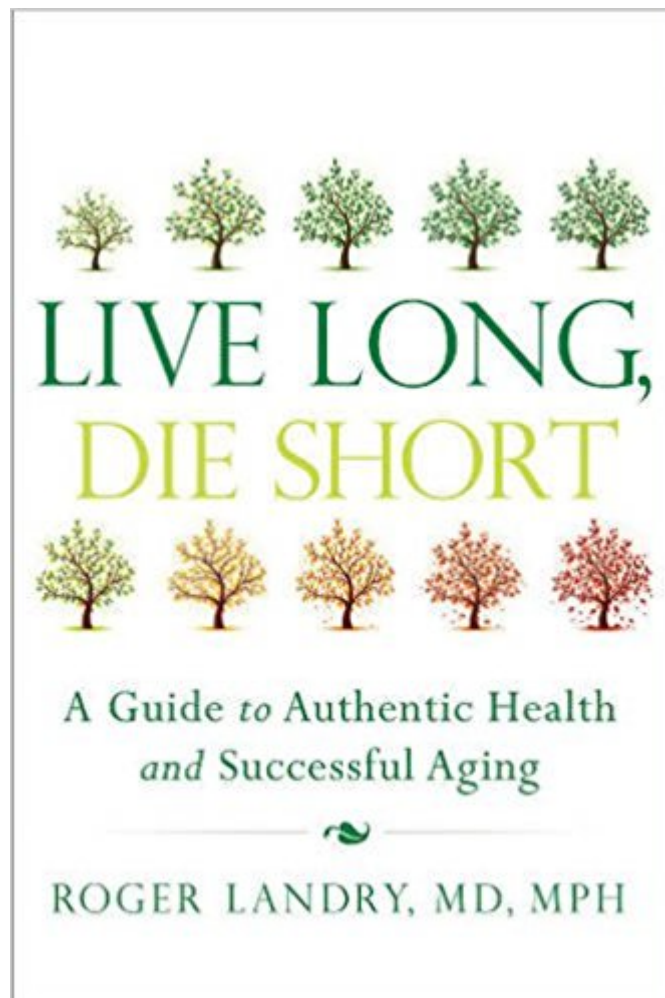




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Live Long, Die Short: A Guide To Authentic Health And Successful Aging



Synopsis

A rousing call to rethink the aging process Over a decade ago, a landmark ten-year study by the MacArthur Foundation shattered the stereotypes of aging as a process of slow, genetically determined decline. Researchers found that that 70 percent of physical aging, and about 50 percent of mental aging, is determined by lifestyle, the choices we make every day. That means that if we optimize our lifestyles, we can live longer and "die shorter"--compress the decline period into the very end of a fulfilling, active old age. Dr. Roger Landry and his colleagues have spent years bringing the MacArthur Study's findings to life with a program called Masterpiece Living. In *Live Long, Die Short*, Landry shares the incredible story of that program and lays out a path for anyone, at any point in life, who wants to achieve authentic health and empower themselves to age in a better way. Writing in a friendly, conversational tone, Dr. Landry encourages you to take a "Lifestyle Inventory" to assess where your health stands now and then leads you through his "Ten Tips," for successful aging, each of which is backed by the latest research, real-life stories, and the insights Landry--a former Air Force surgeon and current preventive medicine physician--has gained in his years of experience. The result is a guide that will reshape your conception of what it means to grow old and equip you with the tools you need to lead a long, healthy, happy life.

Book Information

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Customer Reviews

"Live Long, Die Short is the Rosetta Stone of successful aging. Beautifully written by Dr. Roger Landry, this book translates the most up-to-date science related to human wellness and vitality into an engaging guide to a better life." ~Dr. Bill Thomas "A must-read ... Even more: a must reference. The Dr. Spock book for aging! Keep it on the shelf and dog-ear parts that you will refer

back to often ... Well done, honest and hopeful." ~Larry Minnix, president and CEO of LeadingAge "In Live Long, Die Short, Dr. Roger Landry presents a wealth of practical and scientifically sound recommendations on what it takes to age successfully. It will change your expectations of aging. Live Long, Die Short is a must-read for everyone who cares about living well at any age." ~Colin Milner, CEO of the International Council on Active Aging

I wrote this book to be Healthy Aging 101. I want it to allow the reader to step back from the barrage of health and medical claims out there, and with the rational, core criteria provided in this book, be able to decide what they need to do to be truly healthy and age in a better way. This book is for those who want to thrive but are unsure of how to change and what changes to make to stay vibrant as they age. It's also a call to action for each one of us, for our organizations, towns, cities, and very society, to incorporate the spectacular new knowledge about how to age successfully into our policies in order to realize the potential of each one of us to live a long vital life and limit the time we're sick and impaired. It's a call to join a movement to make aging a fulfilling and rewarding adventure. Lastly, I wanted this book to be readable and a comfort to all who want to be all they can be. Be well and flourish! Roger Landry MD MPH

Dr. Landry lays out the path to long quality of life, short windows of decline (morbidity compression) and health care savings so substantial funding our remaining health care needs would be inconsequential. All are outcomes of successful aging. Drawing on numerous scientific resources as well as his own career as chief flight surgeon, US Air Force, and as preventative physician, Dr. Landry joins many other experts in a compelling connection of the dots. Told in his own natural and unique style, this book is one you can refer to over and over again. Full of very good stuff.

Rarely have I read a book that inspired me to act differently. This book convinced me of the importance of looking at how I am addressing my life from the four key aspects; physical, social, spiritual, and educational. The author made the reading of his book an enjoyable experience through the use of humor and inspirational examples of individuals who are "living Long."

I became aware of "Live Long, Die Short" after Dr. Landry visited our continuing care retirement community. The book is well written and offers convincing reviews and approaches to successful aging. One might call it graceful aging while slowing down as little as possible. Dr Landry is truly an expert in this area, and his considerable knowledge and experience is generously shared in the

book. It is definitely worth reading for anyone who is fortunate enough to make it to "senior" status.

Very insightful, well written book. Landry is a very successful, down-to-earth guy, and his Masterpiece Living program is being used by a number of large healthcare facilities. I recommend the book to anyone of any age. It describes life's most vital challenges and offers sensible, practical solutions. RAM

If you want to read a book that will change your life and thinking about your future, READ THIS BOOK. My background as well as my wife's are in the medical field. The author is factual and most importantly clear, concise, and understandable, Regardless of your background, you will be enlightened with his presentation of how to succeed and enjoy living long and hopefully dying fast.

A little disappointing from the order lofty description. Book arrived on time with delivery and in good condition. Price did not match the content, Rather dull, boring, and not very interesting, Content, thoughts and ideas were not in line with most comprehensive research studies. Sorry I bought it.

I haven't finished it yet, but have read at least half of the book and it is excellent. We all need to try and stay as healthy as possible as we age and this book certainly helps you do that. Aging successfully can be done and can lead to a happier life as we age. Who wouldn't want that?

Best read in years (and, as a professor, I read a lot). Highly recommended for all ages. Enjoy and think!!

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