



Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples

By John Robbins

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Why do some people age in failing health and sadness, while others grow old with vitality and joy?

In this revolutionary book, bestselling author John Robbins presents us with a bold new paradigm of aging, showing us how we can increase not only our lifespan but also our health span. Through the example of four very different cultures that have the distinction of producing some of the world's healthiest, oldest people, Robbins reveals the secrets for living an extended and fulfilling life in which our later years become a period of wisdom, vitality, and happiness. From Abkhazia in the Caucasus south of Russia, where age is beauty, and Vilcabamba in the Andes of South America, where laughter is the greatest medicine, to Hunza in Central Asia, where dance is ageless, and finally the southern Japanese islands of Okinawa, the modern Shangri-la, where people regularly live beyond a century, Robbins examines how the unique lifestyles of these peoples can influence and improve our own.

Bringing the traditions of these ancient and vibrantly healthy cultures together with the latest breakthroughs in medical science, Robbins reveals that, remarkably, they both point in the same direction. The result is an inspirational synthesis of years of research into healthy aging in which Robbins has isolated the characteristics that will enable us to live long and—most important—joyous lives. With an emphasis on simple, wholesome, but satisfying fare, and the addition of a manageable daily exercise routine, many people can experience great improvement in the quality of their lives now and for many years to come. But perhaps more surprising is Robbins' discovery that it is not diet and exercise alone that helps people to live well past one hundred. The quality of personal relationships is enormously important. With startling medical evidence about the effects of our interactions with others, Robbins asserts that loneliness has more impact on lifespan than such known vices as smoking. There is clearly a strong beneficial power to love and connection.

“We all have the tools to live longer lives, and to remain active, productive, and

resourceful until the very end,” Robbins writes. *Healthy at 100* strives to improve both the quality and the quantity of our remaining years—no matter how old or how healthy we might currently be—and to reverse the social stigma on aging. After reading this book, we will never think about age—or life—in the same way again.

“John Robbins has inspired millions of people with his eloquent, clear, compassionate, and insightful guidance on the path to health and fulfillment. *Healthy at 100* may be his finest work to date. If you are interested in extending your health span as well as your life span, read this book! *Healthy at 100* is a masterpiece.”

—Dean Ornish, M.D., president and director of the Preventive Medicine Research Institute, author of *Dr. Dean Ornish’s Program for Reversing Heart Disease*

“This is a remarkably open and heartfelt book full of wisdom and love by an extraordinary man who has been teaching us how to live more healthy and compassionate lives for over twenty years now. John Robbins has created a new vision of aging for American society.”

—John Mackey, CEO, *Whole Foods*

“John Robbins is one of the most important voices in America today. He cuts through nonsense like no one else does. He gives hope like no one else does. His words are lifelines for both the body and soul. This book can literally save our lives.”

—Marianne Williamson, author of *A Return to Love* and *A Woman’s Worth*

“*Healthy at 100* is a marvelous blend of wisdom, hope, courage, and common sense. John Robbins gives us caring, science, and inspiration—a beautiful diet for the heart.”

—Jack Kornfield, co-founder of the Insight Meditation Society and Spirit Rock, author of *A Path with Heart*

“As the low-carb diet craze is gone, John Robbins proposes a far healthier approach that leads not just to a healthy weight but also to a joyful and fulfilled life. *Healthy at 100* is packed with informed and heartfelt wisdom.”

—Jorge Cruise, author of *The 3-Hour Diet*, creator of JorgeCruise.com

“John Robbins inspires me on every page. His unique experiences and viewpoints were the reasons I wanted him to be in my film *Super Size Me*. This book only reinforces my faith in him as a thought-provoking humanitarian.”

—Morgan Spurlock, producer and director of *Super Size Me*

From the Hardcover edition.



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Editorial Review

From Publishers Weekly

How do the Abkhasians of the Caucasus Mountains, the Vilcabambans of Ecuador and the Hunzans of Pakistan live to a very old age while enjoying full physical and mental health? Robbins—who famously rejected his Baskin-Robbins inheritance to pursue a healthful and compassionate lifestyle that he would eventually trumpet in his bestselling *Diet for a New America*—explains that all three cultures eat fruits, vegetables, nuts, whole grains and other natural foods that are low in calories, protein, sugar and fat. They cherish their children and their elders, foster a positive mental attitude and place a premium on vigorous and constant physical activity that is built into their daily routines. Industrialized nations, on the other hand, fear and loathe the aging process and disrespect the elderly. Their citizens often lead stressful lives, stuff themselves with processed foods and drive everywhere. As Robbins challenges readers to give up bad habits and adopt smarter routines concerning food, exercise and work, he distills the familiar philosophies of Dean Ornish and other gurus and serves up some hippie-dippy pap ("Dance in the moonlight"). Yet his advice is mostly commonsensical and scientifically sound, and readers seeking that elusive fountain of youth would be wise to listen up. (Sept. 12)

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From [Booklist](#)

Robbins has moved on from his career as a successful ice-cream manufacturer to a zealous devotion to encouraging his fellow Americans to eat better. Here he examines selected data from four diverse cultures renowned for the numbers of centenarians among them. Robbins contends that the reason for these long lives lies in food and lifestyle issues. He sets store by organic foods, small portions, and lots of heart-stimulating exercise, the attributes he finds in common among all these old people despite their vast geographic remove from one another. Robbins' arguments would be strengthened if he presented more rigorous life-expectancy statistics about the general populations in which these elders flourish. Does every person in these societies live to 100? If not, what are the differences between the elders and the rest of their own societies? Advocates of globalization will cringe at Robbins' negative assessment of the inroads of world culture on formerly isolated societies. He stands on much firmer ground when he advocates greater respect for the elderly, their experience, and their wisdom in contemporary, youth-obsessed Western culture. *Mark Knoblauch*
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Review

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—Jack Kornfield, author of *A Path with Heart*

"Commonsensical and scientifically sound . . . readers seeking that elusive fountain of youth would be wise to listen up."

—Publishers Weekly

"Robbins marshals a great deal of excellent data from reputable scientific sources to support his arguments."

—The Roanoke Times

“Thought-provoking . . . highly recommended.”

–Library Journal

Users Review

From reader reviews:

David Nester:

Book is definitely written, printed, or descriptive for everything. You can know everything you want by a e-book. Book has a different type. As you may know that book is important thing to bring us around the world. Alongside that you can your reading expertise was fluently. A e-book Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples will make you to possibly be smarter. You can feel far more confidence if you can know about every thing. But some of you think which open or reading a book make you bored. It is not necessarily make you fun. Why they are often thought like that? Have you looking for best book or suitable book with you?

Kimberly Dyson:

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Byron Hiebert:

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Jenna Quintana:

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