



The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest

By Dan Buettner

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Since publishing his bestselling *The Blue Zones*, longevity expert and National Geographic Explorer Dan Buettner has discovered a new Blue Zone and launched a major public health initiative to transform cities based on principles from this book. *The Blue Zones, Second Edition* is completely updated and expands his bestselling classic on longevity, drawing on his research from extraordinarily long-lived communities--Blue Zones--around the globe to highlight the lifestyle, diet, outlook, and stress-coping practices that will add years to your life and life to your years.

The new Blue Zone is Ikaria, Greece, where strong, sweet wine, family, and a Mediterranean diet all play a role in longer life. Also new in this book is a reading group guide, designed for groups to read about, discuss, and implement many of the simple changes advocated for better health.

A long, healthy life is no accident. It begins with good genes, but it also depends on good habits. If you adopt the right lifestyle, experts say, chances are you may live up to a decade longer. Buettner has led teams of researchers across the globe--from Costa Rica to Sardinia, Italy, to Okinawa, Japan and beyond--to uncover the secrets of Blue Zones. He found that the recipe for longevity is deeply intertwined with community, lifestyle, and spirituality. People live longer and healthier by embracing a few simple but powerful habits, and by creating the right community around themselves. In *The Blue Zones, Second Edition*, Buettner has blended his lifestyle formula with the latest longevity research to inspire lasting, behavioral change and add years to your life.

Region by region, Buettner reveals the "secrets" of longevity through stories of his travels and interviews with some of the most remarkable--and happily long-living people on the planet. It's not coincidence that the way they eat, interact with each other, shed stress, heal themselves, avoid disease, and view their world yield them more good years of life. Buettner's easy to follow "best practices" and list of healthy lifestyle choices from the Blue Zones will empower readers to live longer, healthier, more fulfilling lives.

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Editorial Review

Review

Read about one of the Blue Zones in this October 2012 article from *The New York Times*, "The Island Where People Forget to Die":

http://www.nytimes.com/2012/10/28/magazine/the-island-where-people-forget-to-die.html?pagewanted=all&_r=0

“Blue Zones adds a segment on Ikaria...[Buettner] would like to draw a big blue circle around the entire USA.” –**USA TODAY**

About the Author

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. In addition to his notable presentations at the TED conference and two featured appearances on *Oprah*, he has been a guest on *Fox and Friends*, CNN and *Dr.Oz*. Visit Dan Buettner's website at www.bluezones.com. The author lives in Minneapolis, MN.

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When Juan Ponce de León landed on the northeast coast of Florida on April 2, 1513, he was searching, it's been said, for a Fountain of Youth—a fabled spring of water that could bestow everlasting life. Historians now know there was more to the story. The reason the Spanish explorer set out to investigate lands north of the Bahamas was probably because Spain had reinstated Christopher Columbus's son Diego as military governor, effectively removing Ponce de León from the office. Nevertheless, the legend behind Ponce de León's voyage stuck.

The idea of discovering a magic source of long life still has so much appeal today, five centuries later, that charlatans and fools perpetuate the same boneheaded quest, whether it comes disguised as a pill, diet, or medical procedure. In an all-out effort to squash the charlatans forever, demographer S. Jay Olshansky of the University of Illinois at Chicago and more than 50 of the world's top longevity experts issued a position statement in 2002 that was as blunt as they could fashion it.

“Our language on this matter must be unambiguous,” they wrote. “There are no lifestyle changes, surgical procedures, vitamins, antioxidants, hormones, or techniques of genetic engineering available today that have been demonstrated to influence the processes of aging.”

The brutal reality about aging is that it has only an accelerator pedal. We have yet to discover whether a brake exists for people. The name of the game is to keep from pushing the accelerator pedal so hard that we speed up the aging process. The average American, however, by living a fast and furious lifestyle, pushes that accelerator too hard and too much.

This book is about discovering the world's best practices in health and longevity and putting them to work in

our lives. Most of us have more control over how long we live than we think. In fact, experts say that if we adopted the right lifestyle, we could add at least ten good years and suffer a fraction of the diseases that kill us prematurely. This could mean an extra *quality* decade of life!

To identify the secrets of longevity, our team of demographers, medical scientists, and journalists went straight to the best sources. We traveled to the Blue Zones—five of the healthiest corners of the globe—where a remarkably high rate of the longest-living people manage to avoid many of the diseases that kill Americans. These are the places where people enjoy up to a 3 times better chance of reaching 100 than we do.

In each of the Blue Zones, we used a survey developed in collaboration with the National Institute on Aging to identify the lifestyle components that help explain the area's longevity—what the inhabitants choose to eat, how much physical activity they get, how they socialize, what traditional medicines they use, and so forth. We looked for the common denominators—the practices found in all five populations—and came up with what I consider to be a cross-cultural distillation of the best practices of health, a de facto formula for longevity.

Herein lies the premise of *The Blue Zones*: If you can optimize your lifestyle, you may gain back an extra decade of good life you'd otherwise miss. What's the best way to optimize your lifestyle? Emulate the practices we found in each one of the Blue Zones.

Users Review

From reader reviews:

Arlen Bullock:

Have you spare time for the day? What do you do when you have far more or little spare time? Yes, you can choose the suitable activity to get spend your time. Any person spent their own spare time to take a wander, shopping, or went to typically the Mall. How about open or maybe read a book allowed The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest? Maybe it is to become best activity for you. You know beside you can spend your time along with your favorite's book, you can smarter than before. Do you agree with its opinion or you have different opinion?

Doreen Harry:

Information is provisions for anyone to get better life, information nowadays can get by anyone in everywhere. The information can be a understanding or any news even a concern. What people must be consider if those information which is in the former life are hard to be find than now could be taking seriously which one is appropriate to believe or which one typically the resource are convinced. If you find the unstable resource then you have it as your main information it will have huge disadvantage for you. All those possibilities will not happen throughout you if you take The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest as your daily resource information.

Kenneth Hill:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their down time with their

family, or their friends. Usually they performing activity like watching television, going to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Might be reading a book could be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to test look for book, may be the guide untitled The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest can be fine book to read. May be it may be best activity to you.

Louis Trent:

Do you have something that that suits you such as book? The reserve lovers usually prefer to opt for book like comic, limited story and the biggest an example may be novel. Now, why not seeking The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest that give your enjoyment preference will be satisfied by means of reading this book. Reading habit all over the world can be said as the opportunity for people to know world far better then how they react when it comes to the world. It can't be stated constantly that reading addiction only for the geeky man or woman but for all of you who wants to always be success person. So , for every you who want to start reading through as your good habit, you can pick The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest become your starter.

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