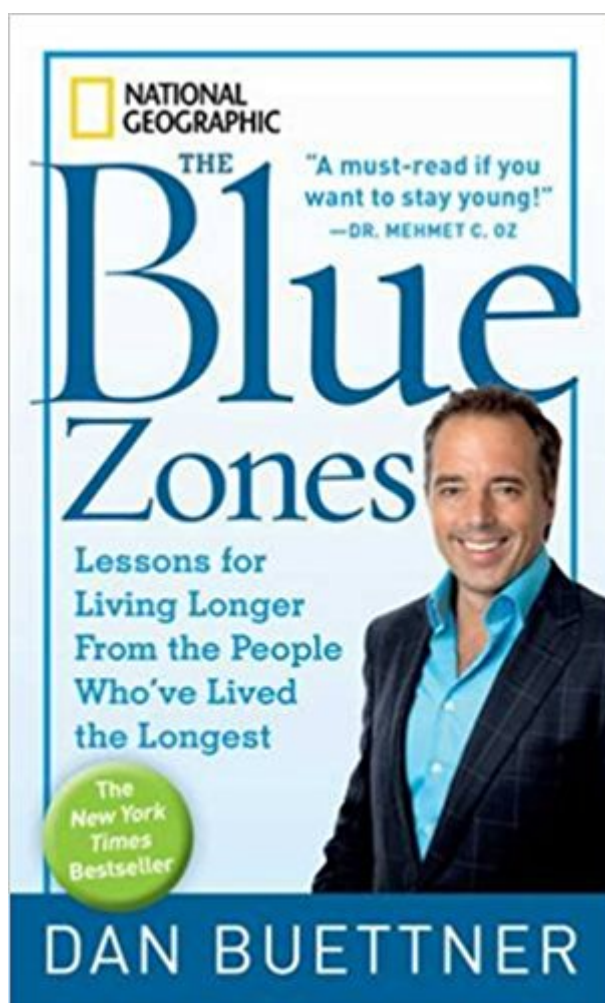


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# The Blue Zones: Lessons For Living Longer From The People Who've Lived The Longest



## Synopsis

In this expanded paperback edition of his New York Times bestseller, longevity expert **Dan Buettner** draws 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. 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. So what's the formula for success? National Geographic Explorer **Dan Buettner** has lead teams of researchers across the globe to uncover the secrets of **Blue Zones** **•geographic regions** where high percentages of centenarians are enjoying remarkably long, full lives. The recipe for longevity, Buettner has found, is deeply intertwined with community, lifestyle, and spirituality. You won't find longevity in a bottle of diet pills or with hormone therapy. You'll find it by embracing a few simple but powerful habits, and by creating the right community around yourself. In *The Blue Zone*, Buettner has blended his lifestyle formula with the latest longevity research to inspire lasting behavioral change and add years to your life.

## Book Information

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## Customer Reviews

**Book Description** With the right lifestyle, experts say, chances are that you may live up to a decade longer. What's the prescription for success? National Geographic Explorer **Dan Buettner** has traveled the globe to uncover the best strategies for longevity found in the **Blue Zones**: places in the world where higher percentages of people enjoy remarkably long, full lives. And in this dynamic

book he discloses the recipe, blending this unique lifestyle formula with the latest scientific findings to inspire easy, lasting change that may add years to your life. You'll meet a 94-year-old farmer and self-confessed "ladies man" in Costa Rica, a 102-year-old grandmother in Okinawa a 102-year-old Sardinian who hikes at least six miles a day, and others. By observing their lifestyles, Buettner's team has identified critical everyday choices. Exclusive: A Q&A with Dan Buettner

Question: In your book, you identify the "Power 9": nine habits or behaviors all Blue Zone populations have in common. Could you talk about one or two that the average American takes most for granted? Dan Buettner: Many Americans exercise too hard. The life expectancy of our species, for 99.9% of human history, was about 30 years. The fact that medicine has pushed life expectancy to age 78 doesn't mean our bodies were designed for three-quarters of a century of pounding. Muscles tear, joints wear out, backs go out. The world's longest-lived people tend to do regular, low intensity physical activity, like walking with friends, gardening and playing with their children. The key is to do something light every day. I also think the trend toward isolation is a mistake. Drive down any American street at 9:00 pm and you can see the greenish glow of the television or the computer in people's window. We've become an increasingly isolated society. Fifteen years ago, the average American had three good friends. Now it's down to two. We know that isolation shaves good years off of your life. In The Blue Zones, I advocate reconnecting with your religious community and proactively building friendships with the right people.

Question: Is there something about the physical landscape that contributes to an area being a Blue Zone, or can people make their own personal Blue Zones, regardless of where they live? Dan Buettner: Staying young and living long is mostly a function of your environment... and the good news is that to a great extent, we each have control over that environment. In the Blue Zones around the world, people live in places where walking is the main means of transportation, where the sun shines strong all year long so they get enough vitamin D; where they have established social norms that bring people together in supportive groups or clubs. The Blue Zones book shows you how to take about two hours and set up your home, your social life and your work place to help you get up to 10 more good years out of life (and look younger along the way!).

Question: Are Blue Zones about living longer, or living better? Dan Buettner: Both. The same things that get you to a healthy 100 get you there better. The Blue Zones offers a completely different way to think about longevity and youth maintenance. If you look at the Power9—the common denominators of the longest-lived people—you see that they tend to put their families first, they belong to a faith-based community and they know their sense of purpose. All of these behaviors are associated with 3-6 years of life (which is better than any diet can promise) and they're good years. In other words, the

same Blue Zone tenets that will help you get to a healthy age 90 will help ensure those years are vital and enriching. Question: If considering all nine habits at once seems overwhelming, what's the first step someone could take toward living a more enriching, longer life? Dan Buettner: The good news is that the Power9 is an a la carte menu: by no means do you have to do all nine to gain more good years out of life. In fact, do six of them and get about 90% of the benefit. The most important thing you can do is building your own Right Tribe. Which is to say, all of the world's longest-lived people were born into, or consciously chose to associate with, the right people. The Framingham Studies show us that if your three best friends are obese, there's a 50% better chance that you'll be obese. The reverse is true too. If you dine with people who eat healthy food, you're more likely to eat healthy food; if the friends you spend the most time with play a sport, you're more likely to join them. As your mother said, "You're known by the company you keep." You're also likely to resemble them. --This text refers to the MP3 CD edition.

“A must-read if you want to stay young! Buettner teaches us the secrets of the world’s longest-lived cultures and how they can turn back your biological clock.”  
• Mehmet C. Oz, M.D. “The Blue Zone is one of the most important and engaging stories you will ever read! With Dan Buettner as your intrepid narrator, you will visit locations where people are living the longest, healthiest lives anywhere on the planet. More importantly, you will learn how to immediately incorporate those lessons from faraway places into your very own life. When I hosted the documentary, Chasing Life, Dan Buettner was the man we looked to for advice. Now, you have all of it at your fingertips. Inside: The Secret to a Long Life.”  
• Sanjay Gupta, M.D. “This book gives you practical tips for living long and well—the essential components of lifestyles in those areas of the world where healthy aging is the rule. I recommend it.”  
• Andrew Weil, M.D. “After a lifetime in the health and beauty business, I had the feeling that I knew most everything about aging gracefully. Then along comes Blue Zones, which is a valuable guide to help us achieve longer healthier lives. Each engaging encounter reveals simple, healthy choices that everyone can incorporate into their lives no matter where they live. Thank you, Dan Buettner!”  
• Cheryl Tiegs “Dan Buettner takes us on a journey to explore the secrets of longevity and in so doing introduces us to a world of joy in aging... at 91, this is very good news!”  
• Walter Cronkite From the Hardcover edition.

This is a Very interesting book. It really make you think about changing you life style. This book is

very informative and eye opening I have begun to make changes in the way I eat. I am try to use less and less sugar. I have given up diet drinks and I'm drinking more water daily. I am eating healthier meals. This book my change my life and help me live longer. I recommend it to all.

I liked this book because it did a good job of presenting favorable lifestyle changes in the context of an interesting story about centenarians. Most of the nine big summary factors were the ones that we've all heard a hundred times before -- get regular moderate exercise every day, eat a simple diet low on the food chain (grains, beans, veggies, fruits, and nut), avoid unfavorable types of stress, maintain a positive outlook on life, find a purpose to motivate you and give meaning to your life, enjoy good social times with family and friends, and hang around with people who will influence you positively toward favorable longevity lifestyle choices. I was a bit surprised at the longevity importance of having some kind of regular spiritual or religious connection to something bigger than yourself, typically a religious community of some kind. Apparently following some kind of religious lifestyle guidelines will help you to live longer if you follow them, help you to feel better about yourself (and even happier, see The Happiness Hypothesis book), and help you to share and support those values with other people in the group (again, the desirable social connections help longevity). All in all, a book that everyone should read, IMHO.

I had heard of Blue Zones. I was very interested, but what I really took away after reading this book, is that the natural diets in these areas were specifically for the area. Being anywhere else in the world is also OK if picking one of these eating types and copying it into your own lifestyle. I think there are other concerns like GMO growing problems, environmental toxins, etc. that could change the statistics. Eating tons of vegetables and fruits seems to be the most beneficial recommendation for everyone. Small amounts of meat and starches to add variety to the plants. It was a very interesting read, however.

lessons from analysis of niche populations having high numbers of over 100 year old healthy persons

**MUST READ!** 1. It stimulates your mind in a new perspective. 2. The author has unique stories from around the world that make you feel like you're apart of something. 3. If you're trying to stay young forever, (who isn't?), then read this.

Excellent book, a real revelation on keeping and eating healthily. Interesting tour of several pocket areas where people live actively into their 90s and over 100. Good lifestyle changes recommended, easy and workable. Dan Buettner is an engaging writer, I shall watch for his next books.

great read - life style changing

A written documentary of Beuttner's travels with his NG team visiting the people in his currently and scientifically identified long living blue zones. The vignettes and insights into their lives at a personal level are informative and very readable.

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