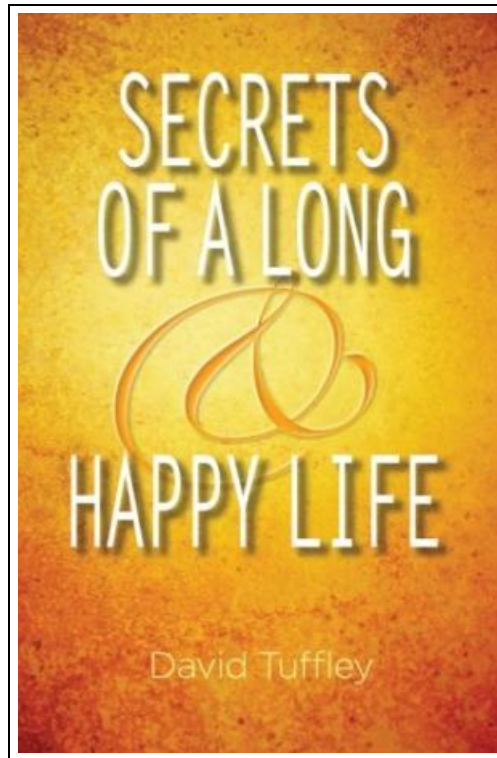


## Secrets of a Long Happy Life



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*The most effective book i at any time read through. It is definitely simplistic but surprises in the fifty percent from the ebook. Your daily life span will probably be enhance once you full reading this ebook.*

*(Jules Dietrich V)*

## SECRETS OF A LONG HAPPY LIFE



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Createspace, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The essence of longevity is harmony. It is bringing your inner world into harmony with your outer world, the microcosm with the macrocosm. Your inner world is a reflection of your outer world and the two should be as closely aligned as possible. The more conflict there is, the more stress and strain there is, and the shorter life tends to be. At the physical level, longevity is achieved by keeping your body flexible and in good working order. At the mental level it is keeping your mind clear and sharp, thinking creatively. At the spiritual level, it is being at peace with your world. Each of these levels is addressed in detail in this comprehensive how to guide. Secrets of a Long Happy Life goes well beyond lifestyle advice for long life. It works on the assumption that quantity of life must also be accompanied by the highest possible quality of life. What is the point of living to 100 if you are miserable? Nursing homes and aged care facilities are filled with people who are kept alive through advances in medical science, but whose enjoyment of life is poor or non-existent. Do not let this happen to you. The Romans had a saying; mens sana in corpore sano . It means a healthy mind in a healthy body. Mind and body depend upon each other, and both must be healthy. But having a healthy mind in a healthy body is the starting point. Secrets of a Long Happy Life gives you detailed advice on how to achieve this, and does so in a culturally neutral way. Regardless of where you live, what cultural and religious traditions...



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