

Foreword by William Safire

"Eloquent and vivid . . . could add years to your life!"
—Daniel Tosteson, M.D., Dean Emeritus, Harvard Medical School

The Longevity Strategy

*How to Live to **100**
Using the Brain–Body
Connection*

DAVID MAHONEY

Chairman of the Dana Alliance for Brain Initiatives

RICHARD RESTAK, M.D.

Bestselling author of *The Brain*

Longevity Strategy How To Live To 100 Using The Brain Body Connection

Lewis P. Rowland



Longevity Strategy How To Live To 100 Using The Brain Body Connection:

The Longevity Strategy David Mahoney, 1999-03-01 A wise and compelling guide the true fountain of youth Dr Stephen R Covey author of The 7 Habits of Highly Effective People The acclaimed life plan for good health fulfilling relationships and financial security The brain body connection is the interaction among three factors the health of your brain your attitude and your physical health In this breakthrough guide to a longer better life authors David Mahoney and Richard Restak M D draw on state of the art brain body research to demonstrate the vital importance of handling stress properly lifelong education and mental activity use it or lose it the social connection physical exercise and rearranging your brain s hardwiring toward optimism Featuring 31 practical essential tactics The Longevity Strategy is a user s manual for the best years of your life This book brings us good news the more we use our brains the more likely we need not retire James Watson Ph D winner of the Nobel Prize in Medicine I learned the hard way about the validity of the brain body connection The Longevity Strategy will make it a great deal easier for you to learn just what it means too Mike Wallace Superb chock full of practical scientific knowledge that can help one become and stay healthy wealthy and wise Bart Kosko Ph D author of Fuzzy Thinking Intelligent witty and informative Leon Cooper Ph D winner of the Nobel Prize in Physics **Timeless** Louis Cozolino, 2018-05-01

Unlocking the secrets of positive aging Few prejudices in Western society are more powerful than those concerning aging Until recently we have assumed that the story of aging is one of loss and decline But there s an entirely different truth Yes you can teach an old dog or even a sort of old dog new tricks Is there a secret to staying young It turns out that there are many and they all begin with nurturing our existing relationships to foster brain health keeping us happier and healthier As readers of this book will learn wisdom enhanced social relationships greater adaptation and flexibility mental if not physical all these things can be attained as we grow older Filled with both practical and thought provoking suggestions this book is a must read for anyone who wants to age in style **A Whole-Body Approach to Slowing Down Aging** Liang-Che Tao

M.D., 2011-04-13 AGING IS INEVITABLE Its a complicated process and each of us experiences it in different ways Its difficult to pinpoint why one person ages well while another person acts and looks older In A Whole Body Approach to Slowing Down Aging author Dr Liang Che Tao presents a self help guide that works toward protecting your health in your senior years and reducing the risk of age related diseases Advocating a practical whole body approach Tao discusses natural and nutritional ways of slowing and possibly even reversing the aging process With the goal of living longer lives in disease free healthier bodies A Whole Body Approach to Slowing Down Aging helps you understand the primary causes of aging nutritional needs for optimal immune functions wise use of antioxidants basics of cardiovascular disease and how to prevent it idea that osteoporosis can also be prevented background of age related cancer importance of protecting the brain and keeping it healthy Life is mortal and our bodies are designed to last only so long In A Whole Body Approach to Slowing Down Aging Tao shows that with care and maintenance our bodies will live well beyond their warranties *Psychology: Australia and New*

Zealand with Online Study Tools 12 Months Douglas A. Bernstein, Julie Ann Pooley, Lynne Cohen, Bethanie Gouldthorp, Stephen C. Provost, Jacquelyn Cranney, Louis A. Penner, Alison Clarke-Stewart, Edward J. Roy, 2017-09-18

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Retirement Christopher Borman, 2009-09-30 Research indicates that there is a definite connection between life style and longevity Personal characteristics that support longevity are optimism adaptability resilience healthy self esteem a sense of humor and the ability to reach out to others Read what others have learned and experienced about retirement Just as students need a plan for starting a career everyone needs a plan for retirement After a lifetime of work it is fitting that your later years will be fulfilling and enjoyable Even if you are already retired you can still develop a plan As you read the book you will find information about how others went from careers to retirement to positive adventures A portion of the book relates the authors experiences as he planned for retirement in addition to the experiences of eighteen retirees who completed a questionnaire about their retirement experiences Also in depth case studies of four retirees are included in the book to illustrate how each person approached their own retirement Hopefully as you read through the case studies you will find a similarity to your own career and life situation You will see how others have made decisions and plans that may be beneficial to you in making your retirement

plans NINDS at 50 Lewis P. Rowland,2001 **The Dana Guide to Brain Health** Floyd Bloom,Flint Beal,David Kupfer,2002-12-24 Accompanying CD ROM has the text and images from the book in electronic format **The G-Connection** Joan Vernikos,Robin Hosie,2004 After 30 years of pioneering research with NASA Joan Vernikos has written the first book to focus on the fundamental importance of gravity in maintaining youthful vigor In it she applies lessons learned from the experiences of U S astronauts and Soviet Russian cosmonauts in space to ordinary people here on Earth Highly practical the What You Can Do about It section in each chapter is a comprehensive guide that will help young people baby boomers the elderly and professionals make smart lifestyle choices The G Connection is written in down to earth and understandable language Peppered with firsthand anecdotes from astronauts and interesting stories of Vernikos s own voyage of discovery this book is both a fun and credible resource The excitement for her work and ideas comes across clearly and is contagious The reader finishes the book knowing what to do differently in his or her daily life to slow down or even reverse the aging process It is a treasure trove of ideas to a geriatrician Harold J Guy M D Professor of Geriatric Medicine University of California San Diego Medical School San Diego California The premise is plausible and the contents thoroughly referenced and well documented It is written in a flowing style with humor and self assurance and with language that never patronizes the reader Ralph Pelligra M D NASA Ames Chief Medical Officer Moffett Field California **The Healthy Aging Brain** Louis J. Cozolino,2008 A neuroscientifically based account of how our brains age and change over time

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