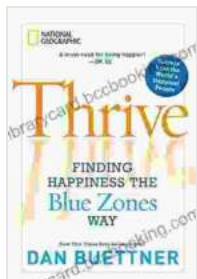


Thrive: Finding Happiness the Blue Zones Way



Thrive: Finding Happiness the Blue Zones Way

by Dan Buettner

★★★★☆ 4.4 out of 5

Language : English

File size : 1195 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

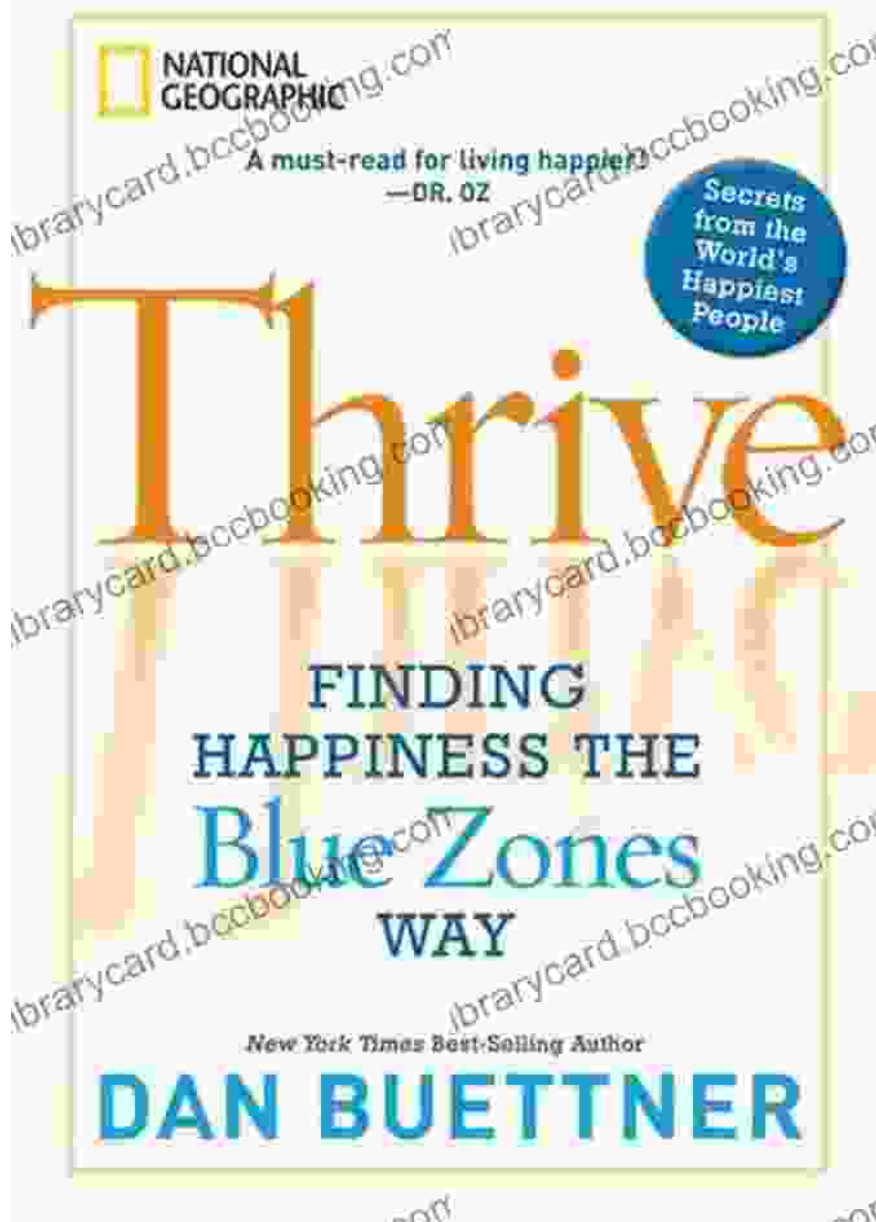
Print length : 306 pages

Lending : Enabled

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In his groundbreaking book, *Thrive*, Dan Buettner reveals the secrets to a long, happy, and fulfilling life. Drawing on decades of research, Buettner has identified five Blue Zones—regions of the world where people live the longest and healthiest lives. By studying the centenarians in these Blue Zones, Buettner has discovered nine common lifestyle factors that contribute to their longevity and happiness.

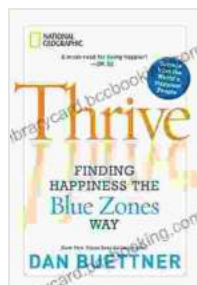
These nine factors are:

1. **Move naturally:** Blue Zone centenarians are constantly moving, whether it's walking, gardening, or dancing. They don't sit around watching TV or playing video games.
2. **Purpose:** Blue Zone centenarians have a strong sense of purpose. They know what they're living for and they're passionate about what they do.
3. **Down shift:** Blue Zone centenarians know how to relax and de-stress. They take naps, go for walks, or spend time with loved ones.
4. **Healthy diet:** Blue Zone centenarians eat a plant-based diet rich in fruits, vegetables, and whole grains. They also limit their intake of processed foods, sugary drinks, and red meat.
5. **Connect:** Blue Zone centenarians have strong social connections. They spend time with family and friends, and they're involved in their community.
6. **Belong:** Blue Zone centenarians feel like they belong to something bigger than themselves. They're part of a church, a community group, or a volunteer organization.
7. **Optimism:** Blue Zone centenarians are optimistic about the future. They believe that their best years are ahead of them.
8. **Resilience:** Blue Zone centenarians are resilient. They've faced challenges in their lives, but they've never given up.

By incorporating these nine factors into your own life, you can increase your chances of living a long, happy, and fulfilling life. Thrive provides a

practical roadmap for achieving happiness and longevity. It's a must-read for anyone who wants to live a better life.

Free Download your copy of Thrive today!

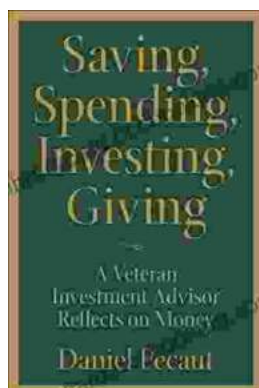


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