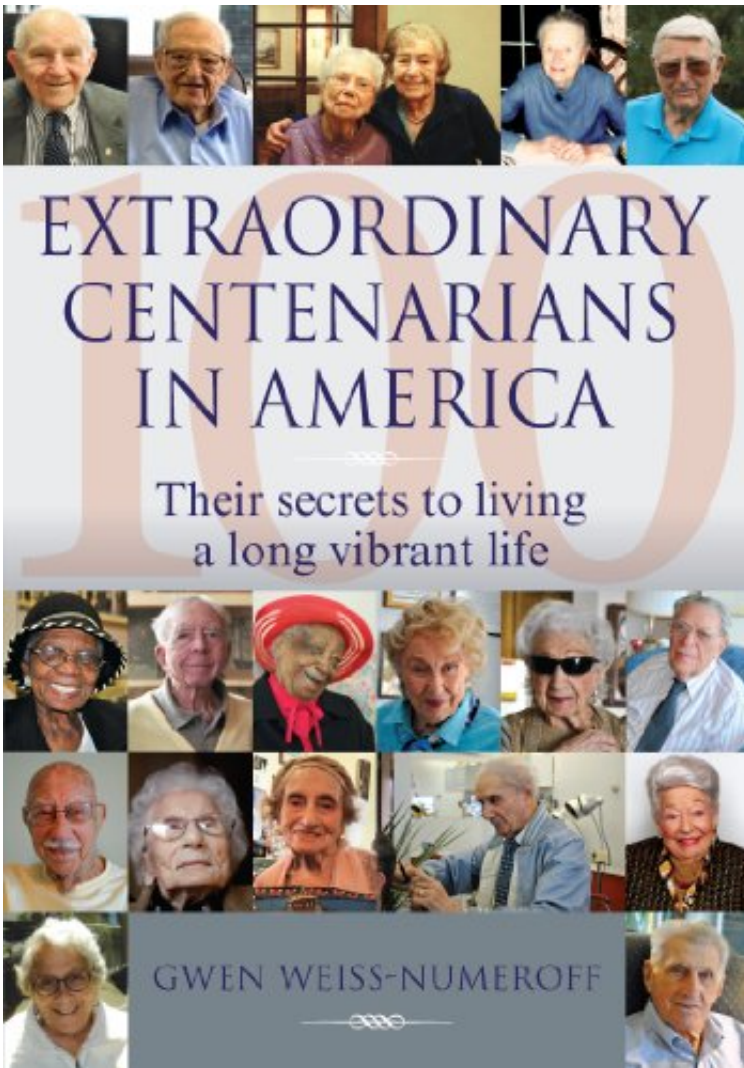


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Extraordinary Centenarians in America: Their Secrets to Living a Long Vibrant Life (English Edition)



Par Gwen Weiss-Numeroff
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Description :

Prsentation de l'diteurMeet thirty remarkable centenarians from across the USA who generously share their lives, lifestyles and words of wisdom gleaned from a century of experiences. How did they live so long and so well? Was it purely genetics? Did they have a good diet, exercise, smoke or drink? What did they all do in their 80s, 90s and even 100s to stay busy, healthy and happy?Learn from those who lived the longest and the strongest, including:Besse Cooper, 116, World's oldest person Dr. Leila Denmark, 114, Co-developer of the whooping cough vaccine, longest working pediatricianIrving Kahn, 106, World's oldest active investment

professional Ernie Ball, 102, Pro Golfer and only surviving member of the first Masters Tournament Ebby Halliday, 101, Founder and chairperson of one of the largest realty companies in America Bel Kaufman, 101, Renowned novelist, lecturer and humorist Other centenarians celebrated range from homemakers to heroines, artists to athletes, barbers to bookkeepers, each revealing unique and valuable insights that will certainly enrich your life. Peek through a window of American history, through their eyes and hearts to experience living through the Great Depression, World War I and II, poverty and persecution while coming out on top with grace, dignity and joy. Author Gwen Weiss-Numeroff is a former advertising executive turned nutritionist, lifestyle coach and motivational speaker. Her mother's sudden death at 70 inspired Gwen to launch a 2-year quest to find the secrets to vibrant longevity from those centenarians actually living the dream. Extraordinary Centenarians in America offers you priceless advice, plus comfort and relief to know that aging does not have to be feared. A portion of the proceeds from this book will support the Ovarian Cancer Research Fund (www.ocrf.org). Presentation de l'auteur Meet thirty remarkable centenarians from across the USA who generously share their lives, lifestyles and words of wisdom gleaned from a century of experiences. How did they live so long and so well? Was it purely genetics? Did they have a good diet, exercise, smoke or drink? What did they all do in their 80s, 90s and even 100s to stay busy, healthy and happy? Learn from those who lived the longest and the strongest, including: Besse Cooper, 116, World's oldest person Dr. Leila Denmark, 114, Co-developer of the whooping cough vaccine, longest working pediatrician Irving Kahn, 106, World's oldest active investment professional Ernie Ball, 102, Pro Golfer and only surviving member of the first Masters Tournament Ebby Halliday, 101, Founder and chairperson of one of the largest realty companies in America Bel Kaufman, 101, Renowned novelist, lecturer and humorist Other centenarians celebrated range from homemakers to heroines, artists to athletes, barbers to bookkeepers, each revealing unique and valuable insights that will certainly enrich your life. Peek through a window of American history, through their eyes and hearts to experience living through the Great Depression, World War I and II, poverty and persecution while coming out on top with grace, dignity and joy. Author Gwen Weiss-Numeroff is a former advertising executive turned nutritionist, lifestyle coach and motivational speaker. Her mother's sudden death at 70 inspired Gwen to launch a 2-year quest to find the secrets to vibrant longevity from those centenarians actually living the dream. Extraordinary Centenarians in America offers you priceless advice, plus comfort and relief to know that aging does not have to be feared. A portion of the proceeds from this book will support the Ovarian Cancer Research Fund (www.ocrf.org). Biographie de l'auteur Author Gwen Weiss-Numeroff is a former advertising executive turned nutritionist, lifestyle coach and professional speaker. Her mother's sudden death at 70 inspired Gwen to launch a 2-year quest to find the secrets to vibrant longevity from those centenarians actually living the dream.

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