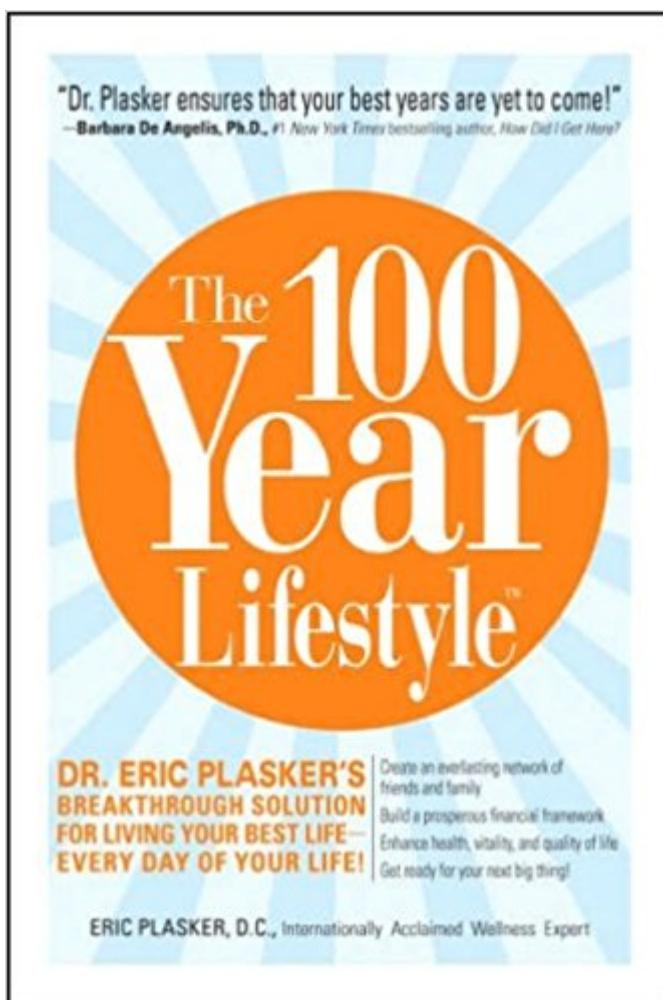


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# The 100 Year Lifestyle: Dr. Plasker's Breakthrough Solution For Living Your Best Life - Every Day Of Your Life!



## **Synopsis**

You're probably thinking: There's no way I'm going to live to 100. I'm not sure I want to live that long, even if I could. But odds are, you will. And, while your parents and grandparents may have been blindsided by their longevity--and suffered for it--that doesn't have to happen to you. Aging can be a good thing--the opportunity to realize all of your dreams and establish a remarkable legacy--if you prepare for it. Based on Dr. Plasker's bestselling wellness system, The 100-Year Lifestyle(tm) reveals the secret to making the most of your extended lifespan. It gives you all you need to enjoy the highest quality of life as you age in years--without aging in body and mind. Your centennial is in reach with Dr. Plasker's ideas and methods for diet, nutrition, exercise, mental agility, creativity, finances, friends and family, work, community, and achieving a sense of purpose. Dr. Plasker's unique program for optimum health and happiness offers you the opportunity to customize your new 100-Year Lifestyle with: \* Your 100-Year Lifestyle Assessment. \* Your Prime Time, Prep Time, Play Time Calendar. \* Your Personal Renewal Recipe. \* Your Personal Energy Inventory. \* Your Action Plan for Lifelong Change. \* Your 100-Year Balance Sheet and Income Statement. With Dr. Plasker as your guide, you can make the 100-Year Lifestyle leap into the healthiest, happiest time of your life--every day for the rest of your life!

## **Book Information**

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## **Customer Reviews**

"Wellness expert and chiropractor Plasker shows that by combining the right attitude with the right actions growing older can be full of excitement and opportunity."

Eric Plasker, D.C., inspires his patients and the public alike to realize "a long life, well-lived." A graduate of Life Chiropractic College and former owner of two highly successful family practices, Dr. Plasker is the founder of the Council on Family Wellness for the World Chiropractic Alliance. Featured on the Discovery Channel's *Forever Young* and *Connecting With Kids* television network, he's shared the stage with such luminaries as Dr. Barbara De Angelis, Dr. Wayne Dyer, and Dr. Andrew Weil. He's sold more than half a million copies of his health and wellness guides, audiotapes, CDs, DVDs, and related materials, which have been translated and distributed in more than fourteen countries. In just five years, Dr. Plasker's wellness messages and products have reached nearly one million people around the world. He lives in Atlanta, GA.

its ok

Every once in a while a book comes along that is so good that I buy a couple of dozen to distribute to friends and loved ones. This book joins that very exclusive club (FYI my other two frequent giveaways are Dr Judith Orloff'sÃ  Positive Energy: 10 Extraordinary Prescriptions for Transforming Fatigue, Stress, and Fear into Vibrance, Strength, and LoveÃ  and Cheryl Richardson'sÃ  The Unmistakable Touch of Grace: How to Recognize and Respond to the Spiritual Signposts in Your Life). This book is that great. Dr. Eric Plasker has written one of the most powerful health books ever. The power lies in stretching our thinking by making clear that medical science has evolved to the point that living to one hundred has become a realistic possibility, as is having much improved vitality to whatever age we live. Dr. Plasker offers no silver bullets (thankfully!), just a great collection of proven things that we must personally manage if we are to avoid the life threatening stresses that come with the common overindulgent life style. Many of the points raised by Dr. Plasker are treated at a summary level such that one's health philosophy and strategy must be supplemented by other resources (a point Plasker implicitly acknowledges by his inclusion of a thoughtful resource list at the end of the book). The need to supplement is not to suggest an absence of depth, but instead to suggest that the strength of the book lies in the presentation of a well thought-out, broad based platform for good health. The true power of this gem is the clarity of the message that we may well live longer than we might think and that we need to manage the totality of our existence so as to maximize the likelihood that our remaining years are healthier. Clearly, other books have made a similar point but none which I have read have gone so far as to suggest things like a 100 year mastermind group (do you belong to such a group [yet]?). Other reviewers have suggested multiple readings, family readings, etc. They are right on.

This book is of the quality to serve as a guidebook for a better life. A guidebook that should be frequently referenced. Dr. Plasker, you have made a great contribution to mankind with this book. You have done your part. We now have to get the book in the hands of more people, and serve as a personal role model for living the 100 year lifestyle. I, for one, am committed to doing my part.

Great book wellness is so much more then going to the Dr and taking a bunch of pills.

Dr. Plasker presents a compelling blueprint for a hundred year lifestyle. Whether or not you seriously have a shot at living to be a centenarian, his advice here on health, diet, fitness and emotional/spiritual well-being makes eminent sense. It is truly a holistic approach to lifestyle and longevity that has merit. Making the book more practical is the fact that it has a number of checklists and each chapter closes with a list of action items for the reader to take. The latter underscores the point that merely reading a book will not improve your lifestyle unless you follow through, act and execute upon it. Since Dr Plasker himself is a chiropractor, there is a pitch for preventative chiropractic care. His plea here is not over-the-top or in-your-face, however, and is probably well founded. The author's point is that many lifestyle changes can produce long-term positive results. In many cases, though perhaps not all, certain types of illness are products of lifestyle and tiny diet and fitness decisions made over the course of months and years. Making better fitness and health decisions every day can put extra years in your life and life in your years.

Dr Erik Plasker's Book is a great read for anyone looking to take stock of their life. The main message revolves around the fact that many of us will live to be 100 and beyond, so we may as well start preparing for this increased longevity that not many of us have planned for. "What changes would you make today, if you knew you would live to be 100?" Health, finances, relationships, career, social, and more are looked at in this book. What will we do with this advanced warning our ancestors didn't get?

This book was an easy read with the type of information needed to have a truly healthful and long life. Dr. Plasker has written a step by step manual on life and living. A must buy for anyone interested in their health and happiness.

A self help book with a common sense approach to living longer. Much of it is what I already knew but it is nice to have it reinforced and put in a logical program.

Life saving information in easy to read format. Read it and share it with your family to maximize their length and quality of life.

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