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Live Work Love: #Add10QualityYears

Terry Williams

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Live Work Love: #Add10QualityYears Terry Williams
Our longevity, health and quality of life are due 30% to genetic luck and 70% to our choices and behaviours. We're dealt some cards and this book is about how to play the best hand, given those cards we've been dealt. No one wants to live forever but most of us would like to get the most out of whatever we've got coming. The vast majority of us would like to keep on going until we don't, not taper off to a long unhealthy tail of life. Regardless of how long we have, how do we stay healthier longer, optimise our happiness and make it all worthwhile? There's a 2-panel cartoon I share often. The first panel is headed 1990 and features a skinny guy with a fat TV. The second panel is headed 2011 and features a fat guy with a skinny TV. That, in a nutshell, is symbolic of many of today's problems of affluence. This book suggests a toolbox of solutions.

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