



Dare To Be 100: 99 Steps To A Long, Healthy Life

Walter M. Bortz

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TAKE 99 STEPS TO 100

A bestselling expert on aging and geriatric care offers a prescription for achieving longevity and preserving the quality of life. In *DARE to Be 100*, Walter M. Bortz II, M.D., explains how and why we should all strive to be centenarians with his unique and practical program. Supported by his lifelong research, this program is broken down into the categories of

- * **Diet (Take a Coffee Break; Beware of Free Radicals)**
- * **Attitude (Be Necessary; Maintain the Creative Spark)**
- * **Renewal (Recharge Yourself; Keep Working)**
- * **Exercise (Keep Your Oxygen Tanks Full; Be Sexy, Be Fit)**

The 99 steps in this book offer an effective plan for living long, healthy, and -- just as important -- fulfilled lives.



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