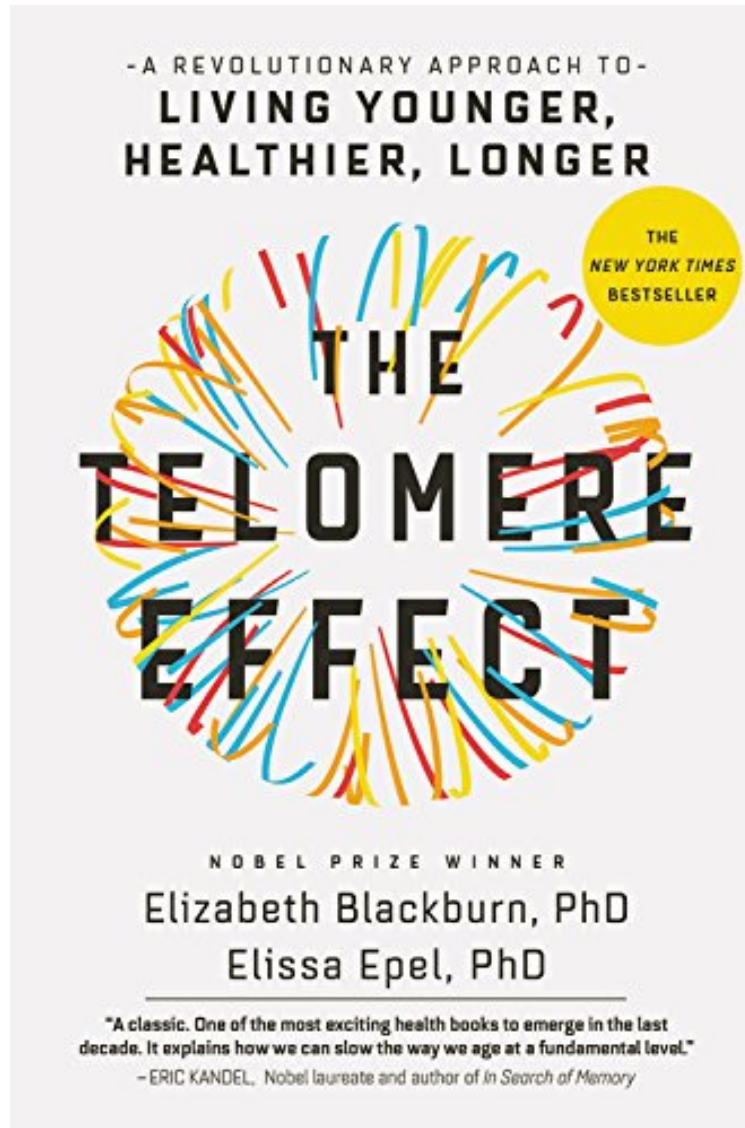


[Get free] The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer

The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer

Dr. Elizabeth Blackburn, Dr. Elissa Epel
ePub | *DOC | audiobook | ebooks | Download PDF



#10615 in Books Grand Central Publishing 2017-01-03 2017-01-03 Original language: English PDF # 1 9.25 x 1.25 x 6.50l, .0 #File Name: 1455587974416 pages Grand Central Publishing | File size: 62.Mb

Dr. Elizabeth Blackburn, Dr. Elissa Epel : The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer:

207 of 219 people found the following review helpful. Fascinating and Helpful Book! Read It! By Merry Nolte The Telomere Effect is a fascinating blend of cutting-age science and lifestyle coach. The science deals with the amazing

world of telomeres, tiny areas at the tips of our chromosomes that determine how fast our cells age and die. But telomeres aren't some kind of immutable pre-coded devices that, once activated, can't be altered to slow the aging process. We can improve and maintain the health of our telomeres, and maximize what the authors describe as our "healthspans," the number of years of healthy living we can enjoy. While we were each dealt a particular genetic hand at birth, there are still ways we can enhance and prolong our healthspans. Some we already know about, such as diet and exercise. And it's not too late to start. The book demonstrates how changes in eating and physical activity can slow down or even reverse the aging trajectory. The authors include lots of examples and tips to help make these changes. Of equal, if not more importance, is the psychological component--the management of stress. The authors make a compelling case that telomere health can be greatly affected by relaxation, meditation, and other stress reduction techniques, truly a mind over matter phenomenon. Written simply and eloquently in language that even a liberal art major can comprehend, this is the most "understandable" science book I've ever read. It's also very empowering, because we are convincingly shown how our active choices can promote a longer and healthier life, rather than passive acquiescence in the aging process. 130 of 144 people found the following review helpful. The How-To Manual for Long Telomeres! By Bill Andrews Excellent book to help you guide yourself through a life style that will keep your telomeres long. There is no other book like this. Its a must read if your goal is to live healthy and better as long as possible. It is very well written and very easy for the non-scientist (as well as the scientist) to follow. The great analogies make everything clearer. I started reading it only two days ago and couldnt put it down. My favorite line in the book was Caregiving is one of the most profound stresses a person can experience in Chapter 4. And, it shows in your telomeres. I know many people that are caring (or have cared) for love ones and the authors give you every reason why you need to care for yourself too. Dont just read this book - Live by this book! 70 of 77 people found the following review helpful. Highly recommend this book By MaryBeth This is just what I needed to "connect the dots" in my goal to be healthy, happy, and fit. (Google "CBS This Morning On Telomeres Aging" for a short interview video on this book and Nobel Prize winning research). It's biology (body) and psychology (mind) working together, affecting body's cells and blood to foster health rather than hasten disease. It explains WHY you need the doing/being which we've always heard before is what's right.

The New York Times bestselling book coauthored by the Nobel Prize winner who discovered telomerase and telomeres' role in the aging process and the health psychologist who has done original research into how specific lifestyle and psychological habits can protect telomeres, slowing disease and improving life.

"Blackburn and Epel demonstrate that how we live each day has a profound effect not just on our health and well-being, but how we age, as well. It's a manual for how to live younger and longer." Arianna Huffington