



Secrets of a Long Happy Life

By Dr David John Tuffley

Createspace, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The essence of longevity is harmony. It is bringing your inner world into harmony with your outer world, the microcosm with the macrocosm. Your inner world is a reflection of your outer world and the two should be as closely aligned as possible. The more conflict there is, the more stress and strain there is, and the shorter life tends to be. At the physical level, longevity is achieved by keeping your body flexible and in good working order. At the mental level it is keeping your mind clear and sharp, thinking creatively. At the spiritual level, it is being at peace with your world. Each of these levels is addressed in detail in this comprehensive how to guide. Secrets of a Long Happy Life goes well beyond lifestyle advice for long life. It works on the assumption that quantity of life must also be accompanied by the highest possible quality of life. What is the point of living to 100 if you are miserable? Nursing homes and aged care facilities are filled with people who are kept...



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An incredibly great ebook with lucid and perfect explanations. It is actually rally fascinating throug studying period of time. It is extremely difficult to leave it before concluding, once you begin to read the book.

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This publication might be well worth a study, and much better than other. It is among the most awesome book i have got study. You may like the way the article writer publish this publication.

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