

John Robbins

NEW YORK TIMES BEST-SELLING AUTHOR

# HEALTHY AT 100

## HOW TO EXTEND YOUR LIFE AND STAY FIT!



*'John Robbins inspires me on every page'*

Morgan Spurlock of *Supersize Me*

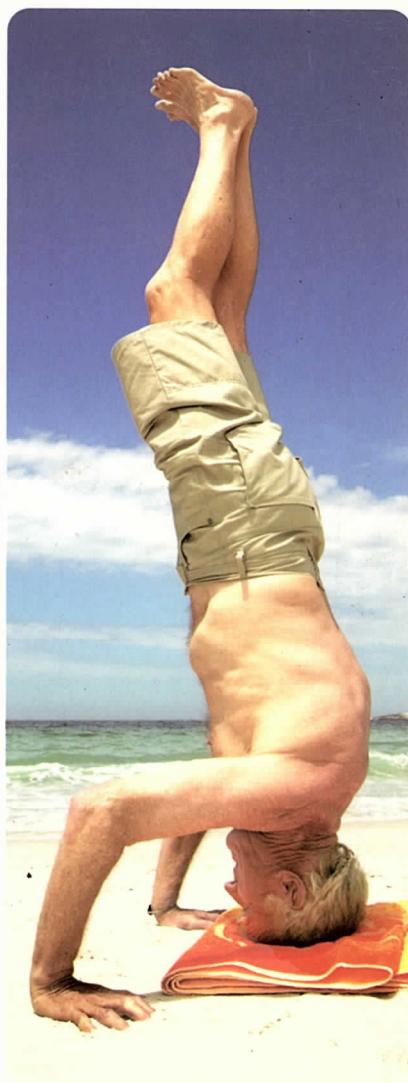
# HEALTHY AT 100 IS NOT JUST ANOTHER BOOK ON AGEING OR LONGEVITY

**John Robbins** shifts rigid paradigms to show 77 million baby boomers, and especially the 24 million who are already over fifty, that they do not need to live and die like their parents. He takes on the self-fulfilling fears of ageing and argues powerfully that the illnesses and increasing frailty that we assume are inevitable are not a natural part of ageing and can be avoided with healthy diet and lifestyle choices.

John Robbins presents the secrets of four of the world's healthiest and longest-living cultures, together with the latest findings of medical science, to convince readers that it is never too late, nor too early, to make changes that will ensure a healthy, active later life.

*Sometimes I think we have not so much prolonged our lives, as prolonged our dying. While we have extended the human life span, we have not extended the human health span.*

Widely considered to be one of the world's leading experts on the dietary link between the environment and health, **John Robbins** is the author of *Diet for a New America: How Your Food Choices Affect Your Health, Happiness, and the Future of Life on Earth* which has sold more than one million copies.



Non-fiction: Health

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