



The Long Life Equation: 100 Factors That Determine How Long You'll Live

Trisha McNair

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How long will you live? It's no secret that Americans are living longer than they used to. But a long and healthy life is not something that you should take for granted. In this extensively researched interactive book, you'll learn that the choices you make now will have consequences later on, such as:

- Laugh a lot: +7 years
- Get fat: -7 years
- Do yoga: +5 years
- Go to church: +2 years
- Get divorced: -7 years
- Own a pet: +1 year

Part health advice, part self-help, part survival guide, the information is necessary and addictive. After reading it, you'll be inspired to make the necessary changes to ensure that the pluses far outweigh the minuses in your life equation.

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