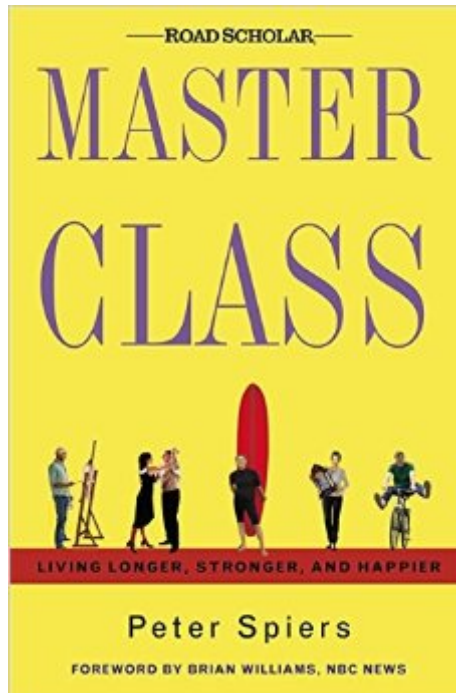


The book was found

Master Class: Living Longer, Stronger, And Happier



Synopsis

They can be seen in communities throughout the country-- those amazingly hale, hearty, and happy older folks who are having fun, have a million friends, are sharp as tacks, and look like they'll live forever. Their secret-- revealed and explained in **MASTER CLASS**-- is an active lifestyle that blends moving, thinking, socializing and creating. Through inspirational stories from active seniors, supported by the latest research in the fields of psychology and neuro-science, **MASTER CLASS** shows how to build an enriching lifestyle on the foundation of favorite activities. Author Peter Spiers, Senior Vice President of Road Scholar, the top-notch life-long learning organization, provides easy-to-follow charts that allow readers to break out of their daily routines into Moving/Thinking/Socializing/Creating. By filling the gaps with a selection from 25 "Master Activities," such as learning a musical instrument, playing tennis, volunteering and more, they'll create a happy, holistic, brain-healthy lifestyle that's rich and meaningful.

Book Information

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Average Customer Review: 4.0 out of 5 stars Â Â See all reviews Â (21 customer reviews)

Best Sellers Rank: #460,343 in Books (See Top 100 in Books) #35 in Â Books > Health, Fitness & Dieting > Aging > Exercise #222 in Â Books > Politics & Social Sciences > Social Sciences > Gerontology #5603 in Â Books > Self-Help > Motivational

Customer Reviews

Terrific book!! I'm 58. A few months ago I realized that my daily routine had become way too comfortable and, well, easy. I have a good job that I'm good at. I swim, do yoga or run every day. On weekends I garden, do projects and invite the kids over for Sunday dinner. I love my wife and we are very happy. I also wake up every morning with aches, pains and stiffness. I have a fairly short list of things I like to do and I feel I'm losing my mental edge. I'd just as soon walk away from a political argument than join it, and I give up on the extra hard Sudokus way too quickly. I'm thinking it's time to shake things up a bit, so I headed over to to search for ideas Turns out there are tons of books

related to this. I found books on the aging brain, improving mental activity, and memory, books on improving the social life of empty nesters, books on middle aged "safe" exercise, books on "Happiness Theory" (really?), books on the importance of spirituality, and on and on. As I browsed, I realized that my real question was one of balance. Is there any guidance as to how much time I should be spending doing exercise, vs. Socializing, vs. challenging my mind, vs. spending time with family etc? Is there a recommended balance of activities that will properly exercise and stimulate my mind, body and spirit? Ultimately my browsing brought me to this book. It had just been published and there were no reviews but I bought it anyway based on the description. I just finished reading it and started to put its suggestions into daily practice. (learning Japanese and joining a choir). This is not a guru book filled with philosophy and feel-goodisms (although some Gurus are reviewed).

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