



# **A 23-minute summary Of The Blue Zones Solution: Eating and Living Like the World's Healthiest People**

*Bern Bolo*

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We know that "your time is valuable," so we keep it short and concise.

From the original book by Dan Buettner's, *The Blue Zones Solution*, you'll learn how to eat and live like the world's healthiest people.

You will learn the series of small nudges that will come a long way into transforming your life. You can travel around the world with this interesting book and discover the secret to a happy, healthy, and long life.

### **This is a preview of what you will learn:**

- How the Blue Zones Project work and how you can be healthy, too.
- How to survive and reach 100 years old, starting with your daily healthy meals.
- How to transform your lifestyle, like the people who live in the Blue Zones.
- How to eat better and move more with a happy and stress-less life.
- How to influence your community into becoming a Blue Zone and to help them to be healthy like you.
- How to choose healthy and non-toxic foods that can make you more energetic.
- How to prepare healthier meals for you and your family.
- Know the quick and healthy recipes for veggies, to transform your unhealthy lifestyle to a fit and energetic one
- How to start making a delicious and healthy meal in minutes.

### **More inside the summary:**

- A clear sum-up that captures the essence of the book.
- Brief summaries that clearly give you the main lessons of each chapter.
- Light bathroom jokes to add humor and color.
- Tips and tricks to help you create an environment that nudges you to make healthier choices everyday.
- Bonus recipes you can prepare for your family and friends to help them become healthy like you.

### **Why you Should Read This summary?**

**BECAUSE** I made this summary to help you become healthy, AND YOU WANT TO BE HEALTHY, TOO. Nobody wants to be unhealthy; it's just that, there are so many unhealthy foods around us and they are so inviting. You have to commit yourself to be healthy. The fact that you're reading this is already a step to move you to a healthier lifestyle.

Tips are being offered, and you can influence your household, to help your family members make healthier choices, because you love them and you want them to live healthy and energetic lives. The next sentence will prove that you can change your loved ones' lifestyles.

Witness how Dan Buettner and his team travel from Greece to Japan in searching for the longest-lived people and learning how they managed to remain robust for so long. Be amazed as the very team takes those principles, develops a community-based approach to lifestyle modification, and applies it to over twenty communities in the United States.

Living a healthy life is more than just will power and discipline. It's also about influencing an environment and everyone around you to develop and maintain a healthy lifestyle. Learn to celebrate life; start with your household and influence your community. You'll be surprised by how easy being healthy can be.

**PLEASE NOTE: This is a 23-minute summary of *The Blue Zones Solution* and NOT the original book.**

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#### **Jay Klein:**

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