

The Longevity Plan: Seven Life-Transforming Lessons from Ancient China

John D. Day , Jane Ann Day , Matthew LaPlante

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From a renowned Johns Hopkins- and Stanford-educated cardiologist at Intermountain Medical Center—a hospital system that President Obama has praised as an "island of excellence"—comes the story of his time living in Longevity Village in China, and the seven lessons he learned there that lead to a happy, healthy, long life.

At forty-four, acclaimed cardiologist John Day was overweight and suffered from insomnia, degenerative joint disease, high blood pressure, and high cholesterol. On six medications and suffering constant aches, he needed to make a change. While lecturing in China, he'd heard about a remote mountainous region known as Longevity Village, a wellness Shangri-La free of heart disease, cancer, diabetes, obesity, dementia, depression, and insomnia, and where living past one hundred—in good health—is not uncommon.

In the hope of understanding this incredible phenomenon, Day, a Mandarin speaker, decided to spend some time living in Longevity Village. He learned everything he could about this place and its people, and met its centenarians. His research revealed seven principles that work in tandem to create health, happiness, and longevity—rules he applied to his own life. Six months later, he'd lost thirty pounds, dropped one hundred points off his cholesterol and twenty-five points off his blood pressure, and was even cured of his acid reflux and insomnia. In 2014 he began a series of four-month support groups comprised of patients who worked together to apply the lessons of Longevity Village to their lives. Ninety-two percent of the participants were able to adhere to their plans and stay on pace to reach their health goals.

Now Dr. Day shares his story and proven program to help you feel sharper, more motivated, productive, and pain-free. *The Longevity Plan* is not only a fascinating travelogue but also a practical, accessible, and groundbreaking guide to a better life.

The Longevity Plan: Seven Life-Transforming Lessons from Ancient China Details

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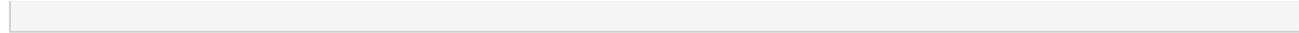
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From Reader Review The Longevity Plan: Seven Life-Transforming Lessons from Ancient China for online ebook

Christina says

Really enjoyed this book. The author shares lessons we already know through visits to Longevity Village with the elders there. Great reminders.

Joey says

Like the Blue Zones, the author set out lessons he learnt from visiting and experiencing lives in a region where centenarians concentrate. This book differs by chronicling only one area - Bapan in China and less vigorous scientific experiments.

I feel closer to this area and recognise more of the food described- because I myself am a Chinese.

City people are less privileged to the clean air, water and greenery that are commonplace in rural areas. Despite this, I still agree that we learn from the mindset, lifestyle and diet of these exceptionally healthy people. Long life is not enviable, but healthy long life is.

Maintaining a healthy body is one of my life goals.

Yaarsesse says

Maybe 2.5

There's really not a lot here that we haven't seen before except perhaps framing all the health advice around the author's connection to this village in China that he calls Longevity Village (Bapan.) In his opinion, the people there live in near perfect balance in a kind of Utopian manner where they are always cheerful, industrious, contented, healthy, and spout wise sayings at the least prompting. So, yeah, I think he sugar-coated it a bit. And at the end, even he had to confess that the village is changing rapidly and this fabled lifestyle is unsustainable in light of so-called progress. The advice itself is common sense...or should be. Maybe common sense isn't so common, but I think most of us know all too well what our bad habits are and that we should change them.

The main reason for my rating, however, is the writing. I found it repetitive, slightly condescending, and not offering anything that hadn't been said by so many others.

Mzford says

I'm so grateful my daughter recommended this book by our cardiologist! I found it very helpful, instructive,

engaging, well-written, documented and inspirational. I've eaten a ton of veggies the last couple of days, being motivated by his personal experience and of those he studied in China. I want that kind of freedom from pain and pills that he talks about. You may not be able to replicate the life style he advocates, but he makes it plain that any change we can make will result in an improvement. I'm going for it!

John S. says

a good step back from the daily grind to a place and time where man is one with his surroundings. insights from a couple who know the grind, and what it does to the body & soul. inspirational and useful for diet and priority setting. and dr. john writes a great blog for us with health issues too.

Mallory says

This was one of the most relatable wellness books I have ever read. Well presented material, background, and suggestions for modern implementation of the ideas.

Big concepts are organized by chapter. Not much new, but a solid read.

Eat good food
Master your mindset
Build your place in a positive environment
Be in motion
Find your rhythm
Make the most of your environment
Proceed with purpose

Nedra says

I've read a lot of books of wellness in my time, and this one resonates on every level. Yes, our lives here in the U.S. are startling different than the lives of those in Longevity Village. And that is exactly the point. Every chapter is filled with wisdom that CAN translate to our lives here. As a cardiologist and electrophysiologist, Dr. Day's most salient point is that a life that is lived out of rhythm often results in a heart that is beating out of rhythm. While Atrial Fibrillation is the most common of rhythm disorders, one needn't have A Fib in order to benefit from incorporating Dr. Day's suggestions for finding the balance and joy in life.

Candace Armstrong says

One of the best health books I've read! It's size makes it look daunting but it is an amazing story of people woven in to lessons with a doctors take and research included. Definitely a book that will take re-reading and unpacking to work on applying. Completely worth it!

Trudy says

Very informative. Inspiring. A bit of a life changer.

Cyndy says

Have already recommended this book to several folks. Such an easy flowing non fiction book to read. Living a plant based lifestyle, I really resonated with many aspects of this plan. It brought to light areas I need to incorporate and continue to improve on. What an incredible experience to meet and live with among these wise and inspiring people.

Tanya says

There is not much different honestly or startling in this book if you have read other's similar, but it is well-written, engaging, interesting. I quite enjoyed it. It was a great reminder of things I need to do for better health and longevity in all spheres including dietary, physical, and social.

Joe Spoto says

I wanted to read this book after hearing the author and his wife as guests on a podcast of The People's Pharmacy. Most all of the principles he discusses are things that I have heard from one place or another. He does a good job of bringing them all together. I enjoyed reading about longevity Village and it's people, as well as the principles that I can begin to use.

Mike Worley says

excellent

Meri says

Pedagogic books are generally not my style, so this was never going to get five stars. It gets three because the author acknowledges how difficult lifestyle changes can be. I appreciated learning about Longevity Village, where people live to be over a hundred while keeping active and alert, which is basically unheard of here. While many of the changes are very doable--let meat, more vegetables, regular exercise, time with friends and family--some are a little over the top (I'm not switching my carpet to natural fibers). I swear I have read diet and exercise books that don't drive me crazy, but this one was a bit of a struggle.

M says

Nothing particularly exceptional in this book. Most of the info is standard medical advice, and the "Longevity Village" is used as vehicle to support many of the author's propositions. The book is worth reading though since consistent reinforcement of the healthy living message should inevitably lead to better habits.
