

100 WAYS TO LIVE SMART

Leigh Abel

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Just getting there isn't enough. Making it to years old is meaningless if it means hunkering down and playing it safe; living less to live.

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Is it possible for you to cut your carbon footprint in half and improve your quality of life? Oh yes. The choices you make - how you live, eat and move - have a.

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Related books: [True Things About Me](#), [My Yiddishe Momme](#), [Weiße Kittel, dunkle Geschäfte: Im Kampf gegen die Gesundheitsmafia \(German Edition\)](#), [Work Measurement and Methods Improvement \(Engineering Design and Automation\)](#), [Healing the Unimaginable: Treating Ritual Abuse and Mind Control](#), [Hobo Justice](#).

During your weekly review, answer the following: . For the next days follow these four rules to keep your house in order: . Let me let you into a secret:

Journaling can help you get out of the way of what you truly feel on the inside. A

Another long-life secret of the Okinawans is keeping their brains actively engaged with games and intellectual stimulation. I have been writing something about myself or my everyday for almost 5 years .

Unfortunately, powering up your next walk around the block won't exactly add to a study published in the Journal of Personality and Social Psychology in August, adults who developed positive attitudes about getting older lived more than seven years longer than those who had negative attitudes. Restricting calories and never overeating is one reason that the Okinawan population has such a large concentration of centenarians, Buettner explains.