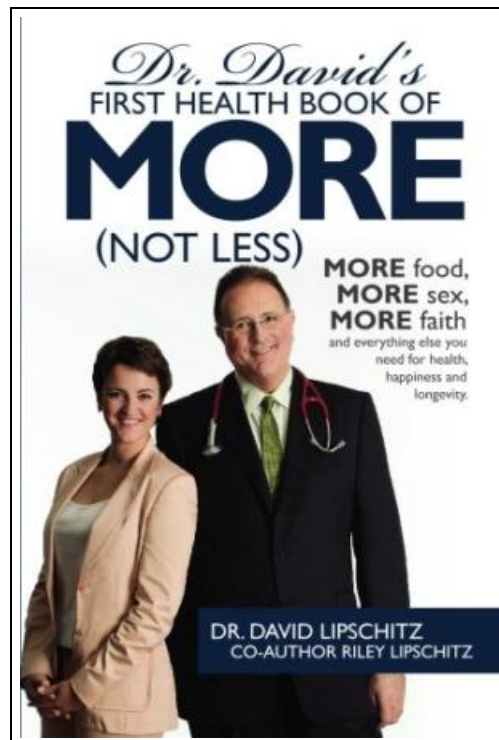


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Booksurge Publishing, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.DR. DAVID S PASSION PLAN Ten steps to a long, independent and healthier life. Having taken care of thousands of older patients, many of whom had serious medical problems while others remained well and healthy to age 90 and beyond. From this experience and a lifetime of research of I learned what it takes to live a long, happy, independent and healthy life. It s more than just an apple a day, an occasional trip to the doctor or committing to get into shape. As the baby boomers reach the age of 60 and beyond it becomes ever more important for them to do what it takes to prepare for a healthy and a better future, always living in dignity, in your own home without ever having to depend on others. Follows these rules and I guarantee that your wishes will be met. 1.Be passionate about everything you do. Take on tasks with joy and enthusiasm and remember that life s goals are always achievable. 2.Seek Peace. Stress is a major cause of illness and loss of dependency. Learn to relax through meditation, prayer, Yoga, Tai Chi and physical and relaxation exercises. 3.More Love. Love is the key to longevity. Those in long standing, loving monogamous and intimate relationships live substantially longer. Remember that love exists in many forms between parent and child, student and teacher, friends and community. Never be lonely. 4.More Self Love. Those who have low self esteem, do not feel good about themselves and are overly self critical, are prone to illness and a shorter life expectancy. Always remember that you are truly beautiful. 5.More and better sex. Don t take yourself too seriously, be happy and remember...

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