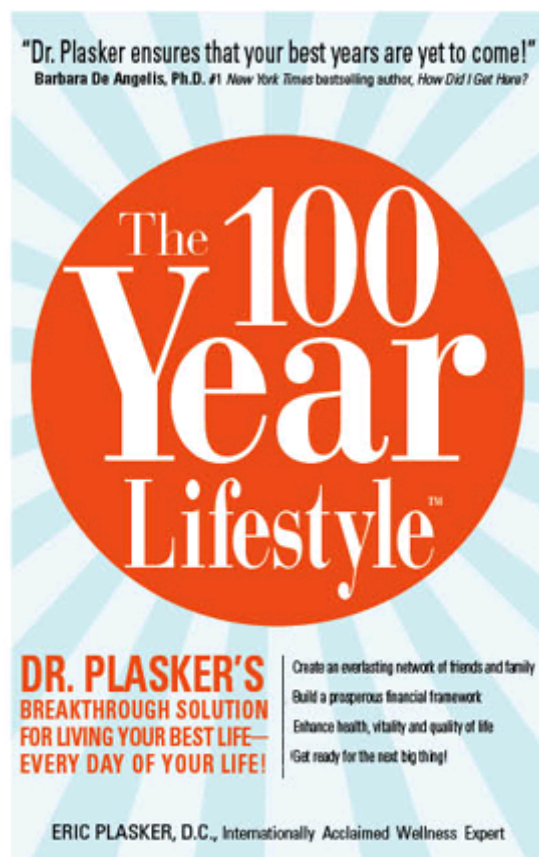


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Book Review

The 100 Year Lifestyle.



By Claire Yezbak Fadden

I never thought about living to be 100 until I picked up a copy of *The 100 Year Lifestyle* (2007, Adams Media, hardcover, \$19.95). Now I realize that it's a very real possibility. During the past 40 years, the number of those celebrating their 100th birthday has increased nearly tenfold. "Anyone who is 40 years old today could live to be 100 years old, and their grandchildren even longer than that," says the book's author, Eric Plasker, D.C. *The 100-Year Lifestyle* outlines how people can make the most of their remaining years through a unique program that covers just about everything from health, diet, nutrition and exercise, to mental agility, creativity, finances, friends and family. Plasker shares inspirational accounts of people who broke destructive patterns and overcame adverse situations to help readers grasp his theme of aiming for "progress over perfection." "The book will not

only help readers embrace an extended life span, but teach them how to live life to the fullest," he says. "This book inspires people to accept this gift of extra time with gratitude not reluctance, and with a sense of opportunity." Available at local booksellers and online at amazon.com and bn.com. Visit 100yearlifestyle.com for more information.