



The Nordic Guide to Living 10 Years Longer

By Bertil Marklund

Brown Book Group Little Apr 2017, 2017. Buch. Condition: Neu. Neuware - The Danes may have their hygge and the Norwegians their back to the land culture, but the Swedes have 'lagom': an even-keeled approach to a life of balance. Dr Bertil Marklund - a doctor and researcher at the Gothenburg University with over forty years of experience - provides the most cutting-edge research to explain the ten areas we should focus on to better our chances of a long life. This compact guide provides wisdom from the Nordics, a region long known for its healthy and progressive lifestyle. It debunks myths on things we have been told are not good for us but actually can be: did you know drinking coffee will promote your health Or that more people die of lack of Vitamin D than they do of skin cancer By providing pragmatic and realistic advice, Dr Marklund gives you the power to make a difference in your own life today and for the future. 160 pp. Englisch.



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