

Which Lifestyle Changes Can Make You Live Longer?

Reduction in the risk of death* after age 40 when sticking to the following lifestyle factors



* Multiadjusted hazard ratios with 95% confidence intervals.

Compared to person with no positive habits/factors

719,147 U.S. veterans aged 40-99 assessed 2011-2019 on mortality,

276,132 assessed on lifestyle/health factors

Source: Nguyen et al. Impact of 8 lifestyle factors on mortality and life expectancy.

The American Journal of Clinical Nutrition (2024)

Creating A Lifestyle You Can Live With

Guillaume Favre



Creating A Lifestyle You Can Live With:

Creating A Lifestyle You Can Live With Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has been evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Creating A Lifestyle You Can Live With**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall affect readers.

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Creating A Lifestyle You Can Live With Introduction

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