



## Natural Health - Peak Performance - Longevity Lifestyle (Paperback)

By Ralph Teller

1vigor, Incorporated, United States, 2010. Paperback.  
Condition: New. Language: English . Brand New Book \*\*\*\*\*  
Print on Demand \*\*\*\*\*. This book is about how to naturally achieve optimum health, how to live a high quality and long life, and if an athlete, how to achieve peak performance. The book has a focus on athletic performance because the road to athletic excellence and physical, mental and emotional peak performance is very similar to the path of optimal health and longevity. The lifestyle that leads to a longer, better quality life is the same lifestyle athletes need to follow to reach their ambitions. There is an art to living. Plato used the expression techne tou biou which means the craft of life which refers to the art of crafting and shaping life. It's an art that has been somewhat lost by our modern culture. Modern culture's lifestyle is contributing to high blood pressure, type 2 diabetes, obesity, depression, lack of regular good sleep, chronic fatigue, etc. which underlie many of modern life's sickness and diseases. This book, in part, hopes to impart an appreciation of the need to get back to the basics - the need to live a...

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