

TERRY WILLIAMS



LIVE WORK  
**LOVE**

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#ADD10QUALITYYEARS

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Live Work Love Add10qualityyears

**Terry Williams**



## **Live Work Love Add10qualityyears:**

**Live Work Love** Terry Williams, 2017-08-09 Our longevity health and quality of life are due 30% to genetic luck and 70% to our choices and behaviours We re dealt some cards and this book is about how to play the best hand given those cards we ve been dealt No one wants to live forever but most of us would like to get the most out of whatever we ve got coming The vast majority of us would like to keep on going until we don t not taper off to a long unhealthy tail end of life Regardless of how long we have how do we stay healthier longer optimise our happiness and make it all worthwhile Reviewing and summarising much of the recent research on life expectancy quality of life and personal productivity this book then focuses on adding ten productive years to your work life Work in the broadest sense of the word Currently there is a lot of concern and uncertainty about living longer with less money poorer health and disconnected people The baby boomers are the most significant moneyed demographic and they re greying at a pace Now is a time of unparalleled affluence and longevity yet we are faced with low quality of life issues driven by stress obesity and unwise lifestyle choices Forget waiting for that illusive magic blue pill or silver bullet when we can do a few little things every day that add up to a massive high quality chunk of extra life that funds itself The book provides 12 controls for people to nudge their lives towards a better direction by influencing our physical mental and social lives Those controls are how we Eat Move Sleep Think Learn Challenge Connect Believe Hang Chill Care Touch You don t get an instruction manual because one approach doesn t work for everyone You laugh and learn while getting a simple effective and non preachy toolkit

**Live Work Love - 2nd Edition** Terry Williams, 2015-12-31 How long do you really want to live Our longevity health and quality of life are due 30% to genetic luck and 70% to our choices and behaviours We re dealt some cards and this book is about how to play the best hand given those cards we ve been dealt No one wants to live forever but most of us would like to get the most out of whatever we ve got coming The vast majority of us would like to keep on going until we don t not taper off to a long unhealthy tail end of life Regardless of how long we have how do we stay healthier longer optimise our happiness and make it all worthwhile Reviewing and summarising much of the recent research on life expectancy quality of life and personal productivity this book then focuses on adding ten productive years to your work life Work in the broadest sense of the word Currently there is a lot of concern and uncertainty about living longer with less money poorer health and disconnected people The baby boomers are the most significant moneyed demographic and they re greying at a pace Now is a time of unparalleled affluence and longevity yet we are faced with low quality of life issues driven by stress obesity and unwise lifestyle choices Forget waiting for that elusive magic blue pill or silver bullet when we can do a few little things every day that add up to a massive high quality chunk of extra life that funds itself This book provides 12 controls for people to nudge their lives towards a better direction by influencing our physical mental and social lives Those controls are how we Eat Move Sleep Think Learn Challenge Connect Believe Hang Chill Care Touch You don t get an instruction manual because one approach doesn t work

for everyone But you will laugh and learn while getting a simple effective and non preachy toolkit Chapters Include 1 Why Am I Here And Why Should I Care 2 Your Personal Systems One Size Does Not Fit All 3 The History And Future Of Not Dying 4 Prolonging Personal Productivity 5 LIVE Causes Of Aging Physical And Mental Deterioration Consequences Of Aging Physical And Mental Deterioration      **Stop Start Continue** Terry Williams,2014-12-01 A collection of irreverent essays on workplace culture and leadership From the author of The Brain Based Boss and The Guide How to kiss get a job other stuff you need to know

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