

Blue Zones Kitchen by Dan Buettner
Book Review from Staff Member Maria LaFontan

A look at 5 areas in the world that have the highest longevity and their lifestyles that contribute to their centenarian status. Intriguing to see what contributes to their long and happy lives. Most importantly great insight to how they eat accompanied by their tried and true recipes. A great reminder to “get moving.” and eat simply. Five Stars!!