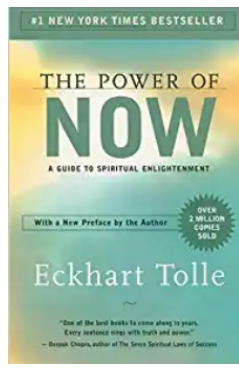
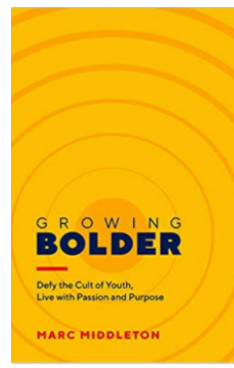


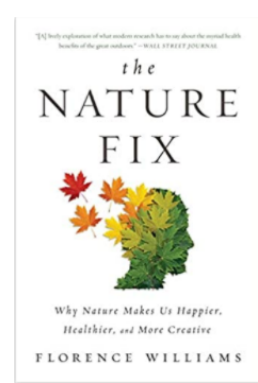
A rousing call by Dr. Landry to re-think the aging process and do so through lifestyle choices.



Tolle takes readers on an inspiring spiritual journey to find their true and deepest self.



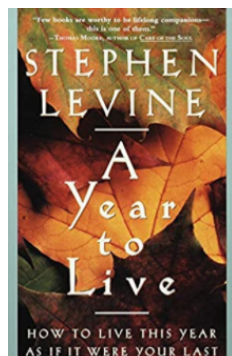
Marc Middleton shares how changing our beliefs about growing older, can change the way we age.



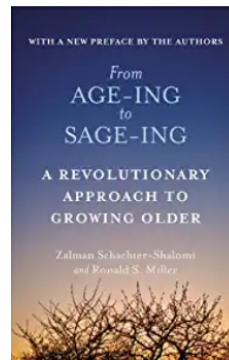
Florence Williams investigates the science behind nature's positive effects on the brain.



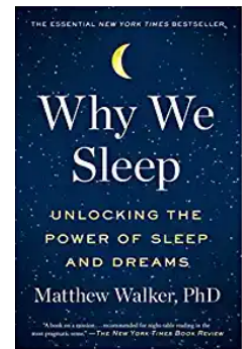
Explore how movement is intertwined with some of the most basic human joys, and why it is a powerful antidote to the modern epidemics of depression and anxiety.



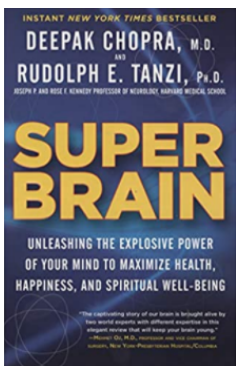
Levine teaches us how to live each moment, each hour, each day mindfully--as if it were all that was left.



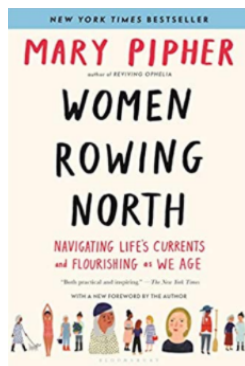
Reb Zalman shares how to create an aging process full of adventure, passion, mystery, and fulfillment, rather than anxiety.



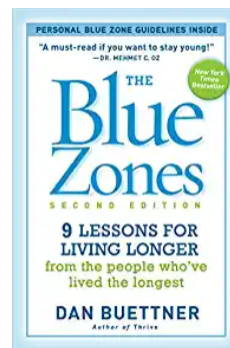
Walker explains how we can harness sleep to improve learning, mood and energy levels, and increase longevity.



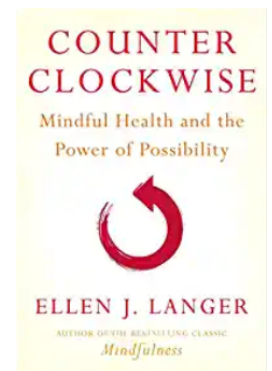
Discover how to use your brain as a gateway for achieving health, happiness, and spiritual growth.



An exploration of the strengths and deep happiness that fills many women as they age.



Explorer Dan Buettner reports on health, fitness, diet, and aging, drawing on his research from extraordinarily long-lived communities.



Beliefs are powerful. Explore Dr. Langer's work on the power beliefs have on our lived experiences.

***Masterpiece Living* Book Club Suggestions**