



Blue Zone Reference Materials and Internet Resources

Blue Zones, Dan Buettner
Man is Wolf to Man, Janusz Bardach
Successful Aging, John Rowe and Robert Kahn
Aging Well, George E. Vaillant, MD

www.ted.com	TED Conference
www.bluezones.com	Blue Zones
www.realage.com	Real Age
www.livingto100.com	Live to 100
www.charlierose.com	Charlie Rose
www.strictly-seniors.com/	Strictly Seniors
www.sharpbrains.com/	Sharp Brains
www.agewave.com/	Age Wave
www.lumosity.com/	Lumosity
www.ilcusa.org/	International Longevity Center
www.nia.nih.gov/	National Institute on Aging

<http://finance.yahoo.com/news/Predicting-Your-Own-Life-usnews-2407689382.html?x=0>

<http://www.socialsecurity.gov/OACT/population/longevity.html>

www.northwesternmutual.com/learning-center/the-longevity-game.aspx