



Love, Laugh, and Eat: And Other Secrets of Longevity from the Healthiest People on Earth

John Tickell M.D.

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PBS host, weight-loss expert, and renowned authority on longevity, Dr. John Tickell shares the secret to a long life: moderation. Moderation in everything except love, laughter, and fish (and a few vegetables!).

Based on common sense, sound science, and good food, *Love, Laugh, and Eat* is an easy-to-follow guide that will help put the bounce back in your step and add years to your life. With his characteristic wit and medical expertise, Dr. Tickell lays out his proven Activity, Coping, and Eating (ACE) program, which simultaneously works out your body, your brain, and your mouth—the three keys to a healthy life—through physical activity and stress-management techniques and his revolutionary Four Simple Rules of Nutrition. He also serves up a seven-day detoxification plan and a series of delicious, manageable, and satisfying meal plans that actually work, as well as his eight Fall-Safe Snacks to keep you energized morning, noon, and night.

Through Dr. Tickell's Love, Laugh, and Eat program you will:

- Look better
- Sleep better
- Feel better
- Love better

Inspiring and engaging, *Love, Laugh, and Eat* is the approach to healthy living and longevity you've been waiting for. Healthy living has never been so easy—or so much fun.

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