



## I've Decided to Live 120 Years: The Ancient Secret to Longevity, Vitality, and Life Transformation (Paperback)

By Ilchi Lee

Best Life Media, 2017. Paperback. Condition: New. Language: English . Brand New Book. New York Times bestselling author and one of the most renowned meditation teachers in our time, Ilchi Lee challenges you to radically rethink your ideas on aging, health, personal fulfillment, and what's possible in your lifetime. This highly anticipated book has been already loved by many big name authors including don Miguel Ruiz, Dr. Christiane Northrup, Michael Beckwith, and Dr. Emeran Mayer. This is the book of life mastery for the brave hearted. For most of our lives, we work hard, reaching for success, until we are faced with retirement. If you retire at age 65, you may think you have about 20 more years to relax and enjoy your life. But what if you had more time? What if you had another 40 or 50 years to live? Would it make a difference in how you lived? Ilchi Lee stresses that you can extend your life way beyond what most of us have accepted as our biological age limit, even up to 120 years. But the real question is, can we have not only a long life, but also a fulfilling one? Lee's answer...



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