

Longevity Plan Discussion Questions

1. Dr. John and Jane Day open and close their book with a reference to longevity soup. What is longevity soup? What secret does it reveal?
2. At age 44, what kind of shape was Dr Day in? What was his lifestyle?
3. Describe the Longevity Village in Bapan, China as first seen by Dr. and Jane Day.
4. Discuss Day's seven lessons of health, happiness and longevity. What resonated with you?
 - Eat good food.
 - Master your mindset.
 - Build your place in a positive community.
 - Be in motion.
 - Find your rhythm.
 - Make the most of your environment.
 - Living life full of purpose.
5. How did the Longevity Village change once it became a tourist destination?
6. DaHuh is a young father who has decided to remain in Bapan and not move to a big city for employment. How does DaHuh combine the best of both worlds?
7. What will Bapan look like in a decade or two?

M. Drake