

How the People from a Small Mediterranean Island Inspired Me to Live Happier

The people of the small Mediterranean island of Ikaria have a life expectancy that is nine years longer than the average American. They are also happier and healthier than most people in the world. What is their secret?



My Ikaria: How the People From a Small Mediterranean Island Inspired Me to Live a Happier, Healthier and Longer Life by Susie Sparks

★★★★☆ 4.2 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 274 pages



I recently had the opportunity to visit Ikaria and learn firsthand about the lifestyle factors that contribute to the island's remarkable longevity and happiness. Here are some of the things I learned:

1. They eat a healthy diet

The Ikarian diet is based on fresh, unprocessed foods. They eat plenty of fruits, vegetables, whole grains, and legumes. They also consume moderate amounts of fish and olive oil. This diet is low in saturated fat and

cholesterol, and it is high in antioxidants and fiber. These factors all contribute to a longer, healthier life.



2. They get regular exercise

The Ikarians are very active people. They walk, swim, bike, and garden regularly. They also participate in traditional dances and other forms of physical activity. This regular exercise helps to keep them healthy and fit.



3. They have a strong sense of community

The Ikarians are very close-knit. They spend a lot of time with their families and friends. They also participate in community events and activities. This strong sense of community gives them a sense of belonging and purpose, which contributes to their happiness and well-being.



4. They have a positive outlook on life

The Ikarians are generally optimistic and hopeful. They believe that life is good and that there is always something to be grateful for. This positive outlook on life helps them to cope with stress and adversity.



5. They live in a beautiful environment

Ikaria is a beautiful island with stunning scenery. The people of Ikaria spend a lot of time outdoors, enjoying the fresh air and sunshine. This connection to nature helps them to relax and de-stress.

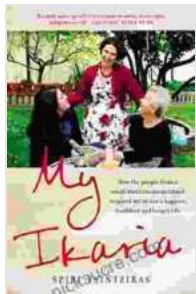


How to incorporate Ikarian lifestyle factors into your own life

If you want to live a longer, happier, and healthier life, you can incorporate some of the Ikarian lifestyle factors into your own life. Here are a few tips:

- Eat a healthy diet based on fresh, unprocessed foods.
- Get regular exercise.
- Develop a strong sense of community.
- Have a positive outlook on life.
- Live in a beautiful environment.

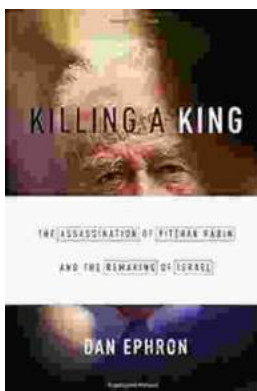
Making these changes can take time and effort, but it is worth it. By adopting some of the Ikarian lifestyle factors, you can improve your health, happiness, and longevity.



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