

Stronger

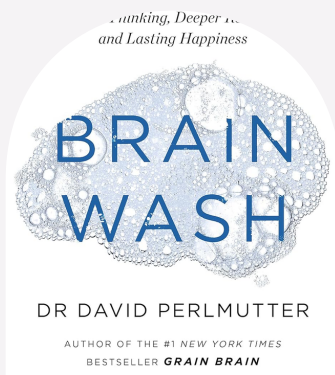
Healthier

Happier

# SUNDAY MORNING

## RESOURCE

### 5 NOVEMBER, 2023



## READ

### Learn More

For me, mental clarity is just as important as physical health. This month I've been reading "Brain Wash" by Drs. David & Austin Perlmutter.

"*Brain Wash* reveals the mental hijacking that undermines each and every one of us, and presents the tools necessary to think more clearly, make better decisions, strengthen bonds with others, and develop healthier habits."

This book has been a great resource, for me, in learning how to disconnect a bit from the overwhelming digital world and how to more intentionally focus inward.



## EAT

### Get the Recipe

I have to admit, after watching the *Live to 100: Secrets of the Blue Zones* documentary, I have become obsessed with learning more about these communities and their way of life.

Pair, that with the fall season, and voila...you have this *Sardinian Longevity Minestrone* soup on repeat in my kitchen!

Filled with beans, vegetables, tomatoes and a ton of herbs, this soup will not only fill your belly but warm your soul...in my opinion.

Be sure to note the author's recommendation about adding a fried egg!



## WATCH

### Live to 100

To pair with my recipe of the week, I must recommend the docuseries *Live to 100: Secrets of the Blue Zones* on Netflix.

I truly could not watch this fast enough. I even found myself streaming it while meal prepping one Sunday.

This series follows the extraordinary communities of Okinawa, Sardinia, Ikaria, Nicoya and Loma Linda and uncovers the similar elements they naturally live by.

If you are interested in learning more about the diets and lifestyles of those living the longest lives, I highly suggest it!

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