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Zones. The five regions identified and discussed by Buettner in the book The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest:

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Thomas Hobbes (5 avril 1588 à Westport, Angleterre – 4 décembre 1679 à Hardwick Hall, dans le Derbyshire, en Angleterre) est un philosophe anglais.

### **Aarp/blue zones vitality project - wikipedia**

In January 2009, the City of Albert Lea, Minnesota began the AARP/Blue Zones Vitality Project. Sponsored by United Health Foundation and led by Dan Buettner, the

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