

Living better and longer

Broadcast: Midmorning, [12/15/2008, 10:06 a.m.](#)

Writer and adventurer Dan Buettner went on a journey to find the four parts of the world where people are living the longest. "The Blue Zones" uncovers some of the secrets of these places and distills them into a formula for living longer.

Guests

- **Dan Buettner:** writer for National Geographic and author of "The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest."

Resources

- [Dan Buettner's Web site](#)

Author Dan Buettner explores how to live healthier and longer

Broadcast: Midday, [10/19/2009, 12:00 p.m.](#)

Explorer, author, and Minnesota native Dan Buettner speaks about his latest research into regions of the globe where people live particularly long, healthy lives. Buettner is the author of, "The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest."

More from MPR

- [In Albert Lea, lifestyle changes lead to healthier lives](#)
October 13, 2009
- [Albert Lea embarks on a healthy makeover](#)
January 16, 2009
- [Living better and longer](#)
December 12, 2008

Resources

- [About Dan Buettner](#)
- [The vitality project in Albert Lea, Minnesota](#)