



# Elsa's Own Blue Zone: America's Centenarian Sweetheart's Insights for Positive Aging and Living

*Sharon Textor-Black*

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## **Elsa's Own Blue Zone: America's Centenarian Sweetheart's Insights for Positive Aging and Living**

Sharon Textor-Black

Elsa's Own Blue Zone is about a beautiful, strong and active centenarian who defies the stereotypes of age as an astounding example of positive aging and positive living. Her inspiring insights include and go further than the basics of healthful habits. Elsa's Own Blue Zone provides answers to the constant questioning as to what her secrets are. In addition, the author is a Baby Boomer who expounds upon these valuable insights in an entertaining way to appeal to Boomers and Seniors alike for more fulfilling living.

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