



## Its Not Just A Theory: A Monograph Examining the Relationship Between Behavior and Longevity According to Both Science and Scriptures (MeekRaker Monograph (MeekoGraph) #602)

By J. Bartholomew Walker

Quadrakoff Publications Group, LLC. Paperback. Condition: New. 80 pages. Dimensions: 8.0in. x 5.0in. x 0.2in. If I knew I was going to live this long, I'd have taken better care of myself. Attributed to Mickey Mantle as well as others; this represents an interesting and seemingly inverse relationship between doing that which is considered healthy and the expected result. Although generally stated quasi comically, this paradox nevertheless remains. Most are familiar with other paradoxical situations where the outcome is much different. Few have not heard stories about the friend, relative, or famous person who did everything right; yet nevertheless passed on at an incredibly young age. And there is always that one who did everything wrong; and yet outlived even the children of all of his or her contemporaries. As Ayn Rand pointed out; Contradictions do not exist. Whenever you think you are facing a contradiction, check your premises. You will find that one of them is wrong. This is not to say that healthy living is not likely to increase both health and longevity; but rather that this alone is grossly insufficient, and in some instances might even be counterproductive. One could try and argue that the man who smoked...



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