

**ELSAS OWN BLUE ZONE: AMERICAS CENTENARIAN  
SWEETHEARTS INSIGHTS FOR POSITIVE AGING AND  
LIVING**

**Christen Evon Magallanez**

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Elsa's Own Blue Zone: America's Centenarian Sweetheart's Insights for Positive Aging and Living. Front Cover. Sharon Textor-Black. Morgan.

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As outgoing as she was, however, at one point Elsa was starting to feel embarrassed. 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. The author's prior years of documenting family stories, writing news articles related to positive aging, and even publishing poetry, were a mere warm-up for the whirlwind Elsa stirred up. An error occurred, please try. Life as a Daymaker. People Quit People, Not Companies.