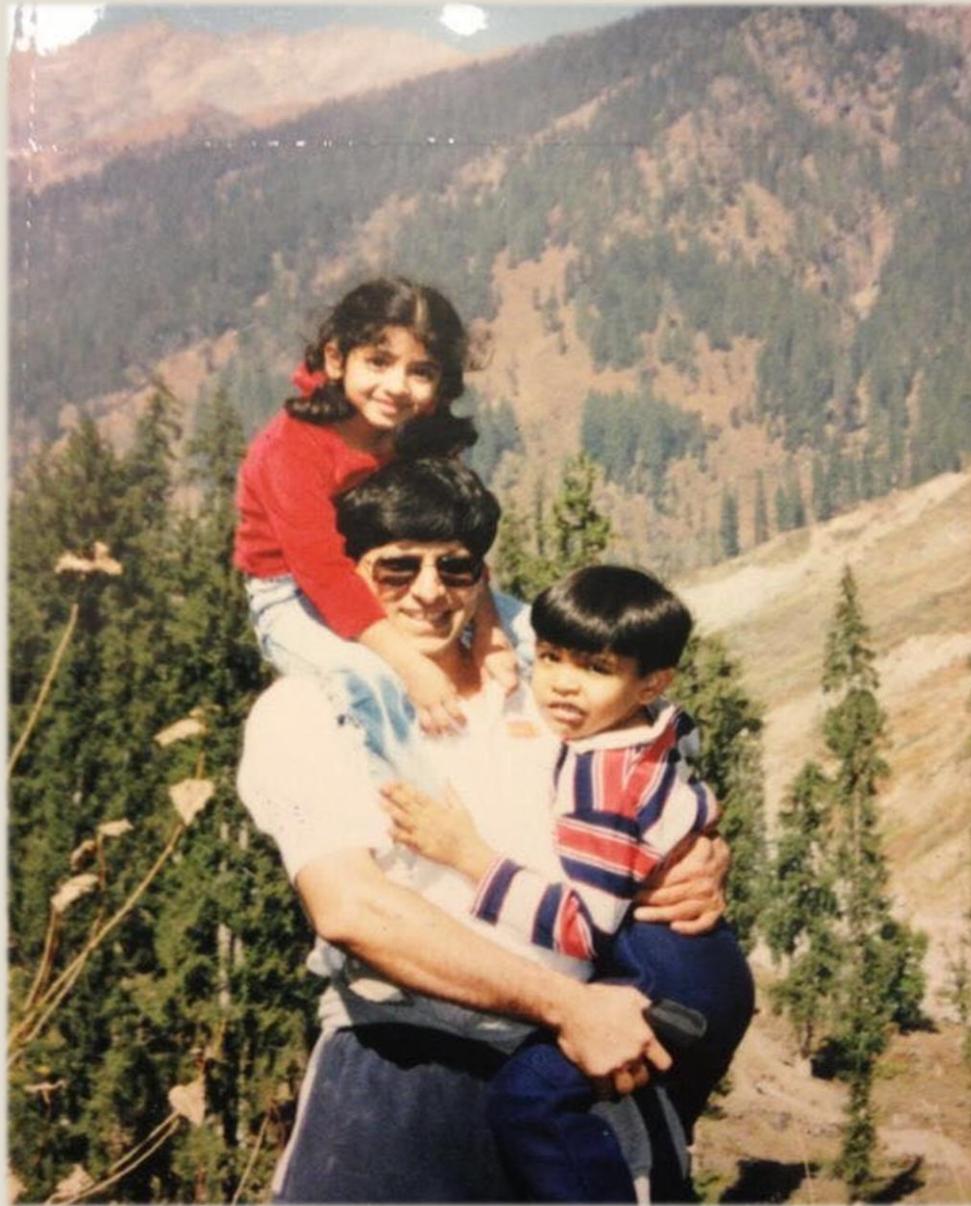




# Living Fully and Longer

**By**  
**Rahul Bhasin**  
**Baring Private Equity Partner India**  
**February 2020**







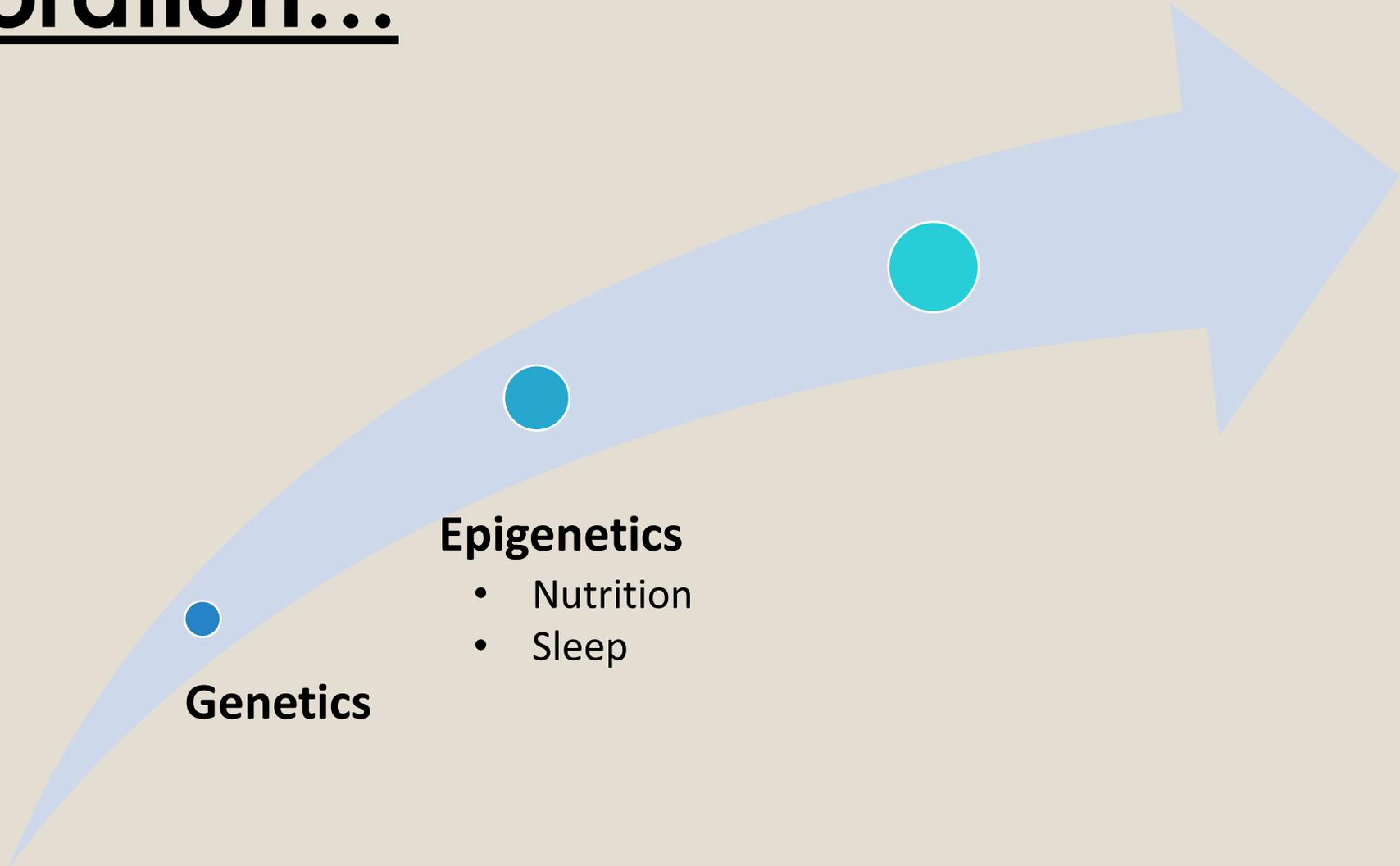








# Exploration...



**Genetics**

**Epigenetics**

- Nutrition
- Sleep

# Sleep

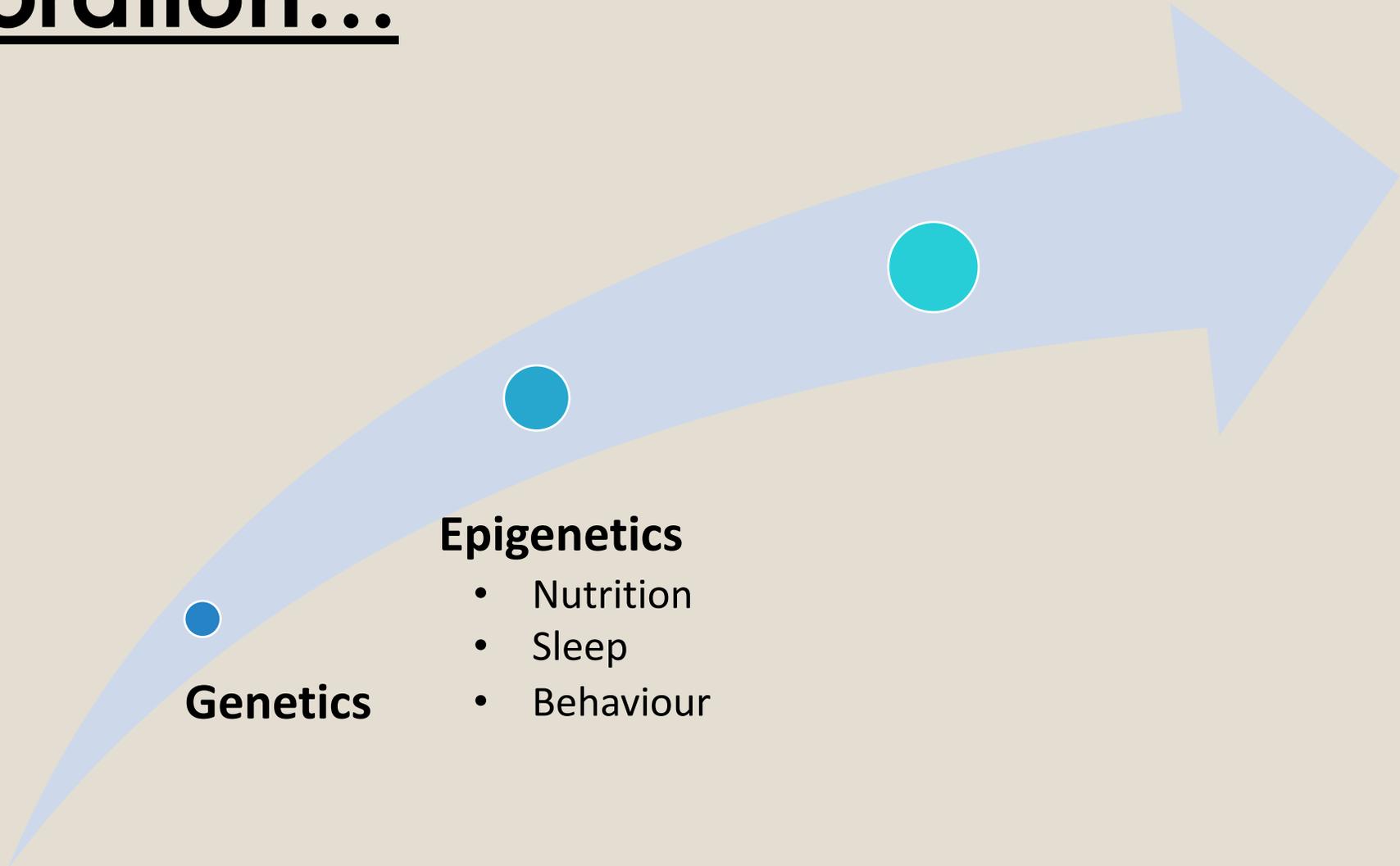
How well do you sleep?

- Depth
- Duration
- Continuity
- Regularity

Deprivation can cause

- Loneliness
- 45% increase in mortality risk
- Immune system shift

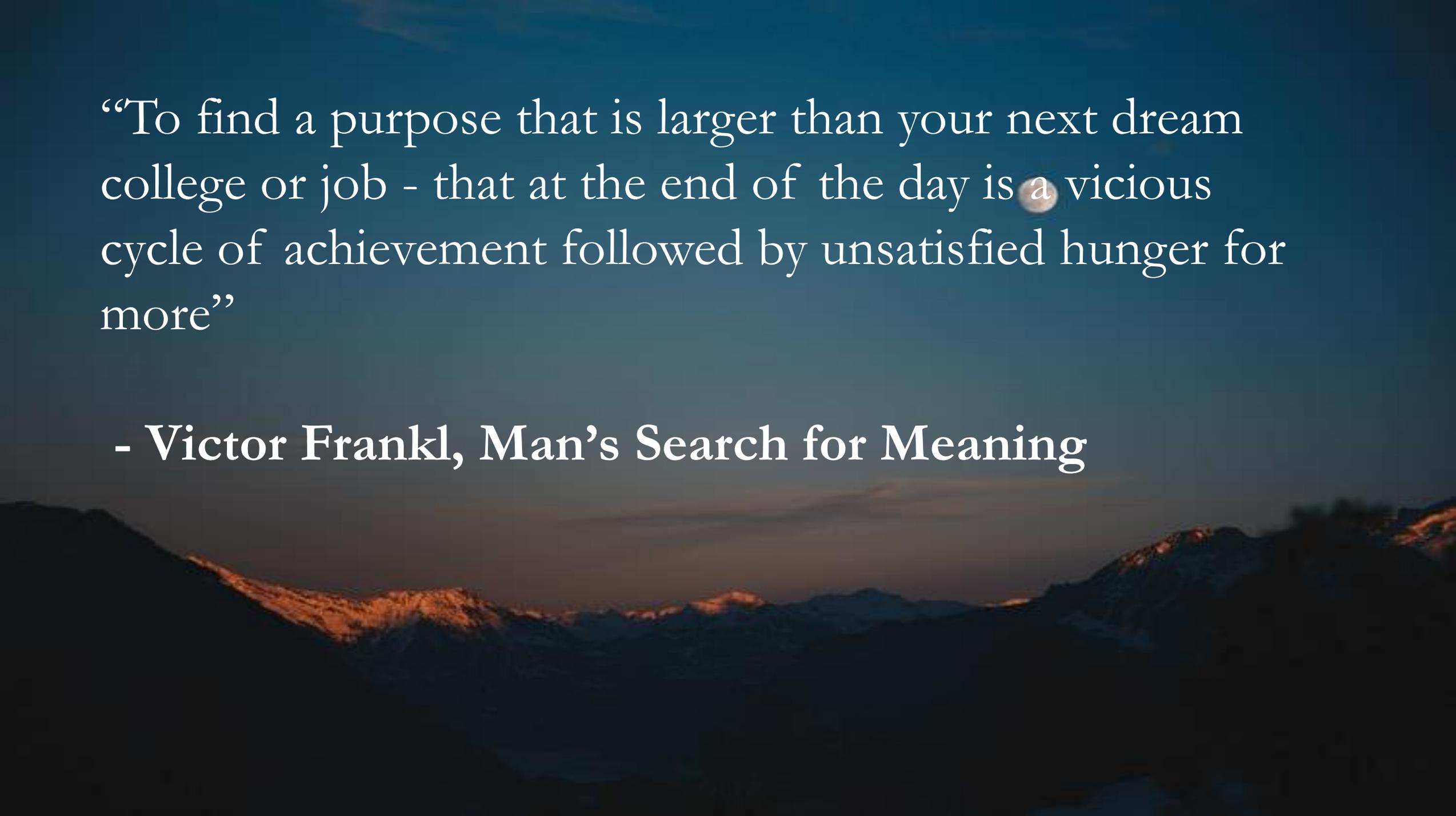
# Exploration...



**Genetics**

**Epigenetics**

- Nutrition
- Sleep
- Behaviour

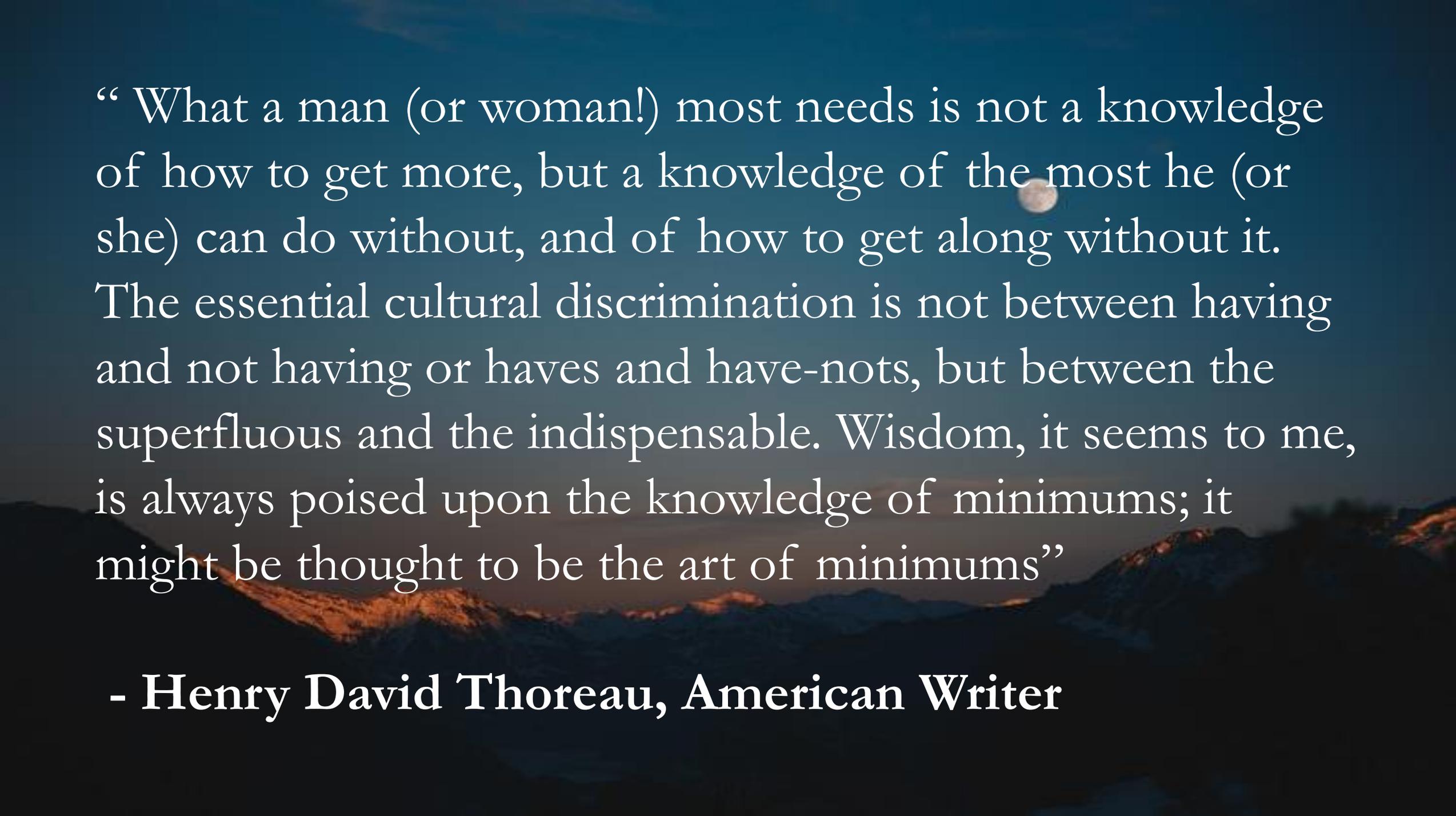


“To find a purpose that is larger than your next dream college or job - that at the end of the day is a vicious cycle of achievement followed by unsatisfied hunger for more”

- Victor Frankl, *Man's Search for Meaning*

“The moral flabbiness born of the exclusive worship of the bitch-goddess SUCCESS. That - with the squalid cash interpretation put on the word 'success' - is our national disease”

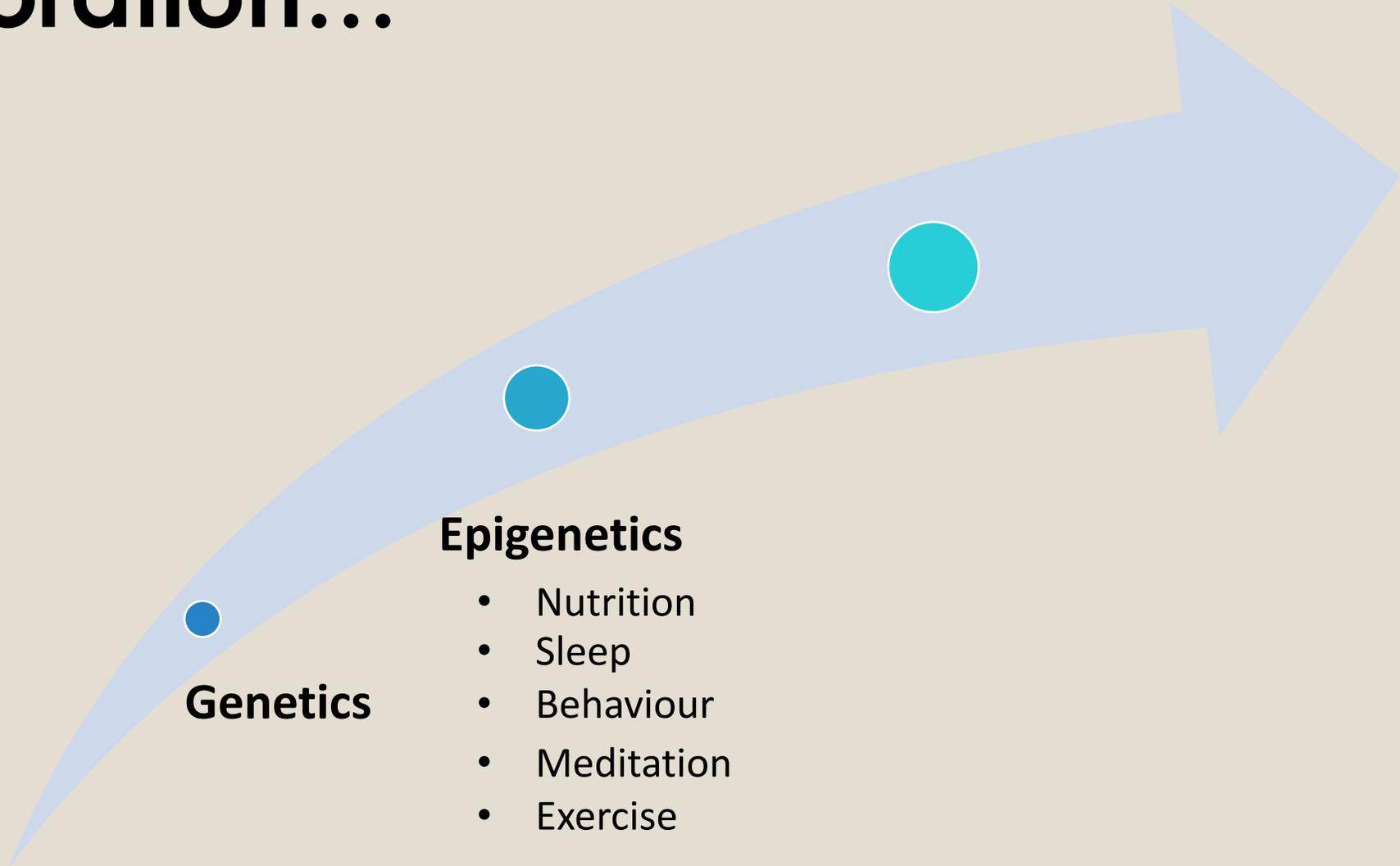
**- William James, American Philosopher and Psychologist and Harvard Professor.**



“ What a man (or woman!) most needs is not a knowledge of how to get more, but a knowledge of the most he (or she) can do without, and of how to get along without it. The essential cultural discrimination is not between having and not having or haves and have-nots, but between the superfluous and the indispensable. Wisdom, it seems to me, is always poised upon the knowledge of minimums; it might be thought to be the art of minimums”

**- Henry David Thoreau, American Writer**

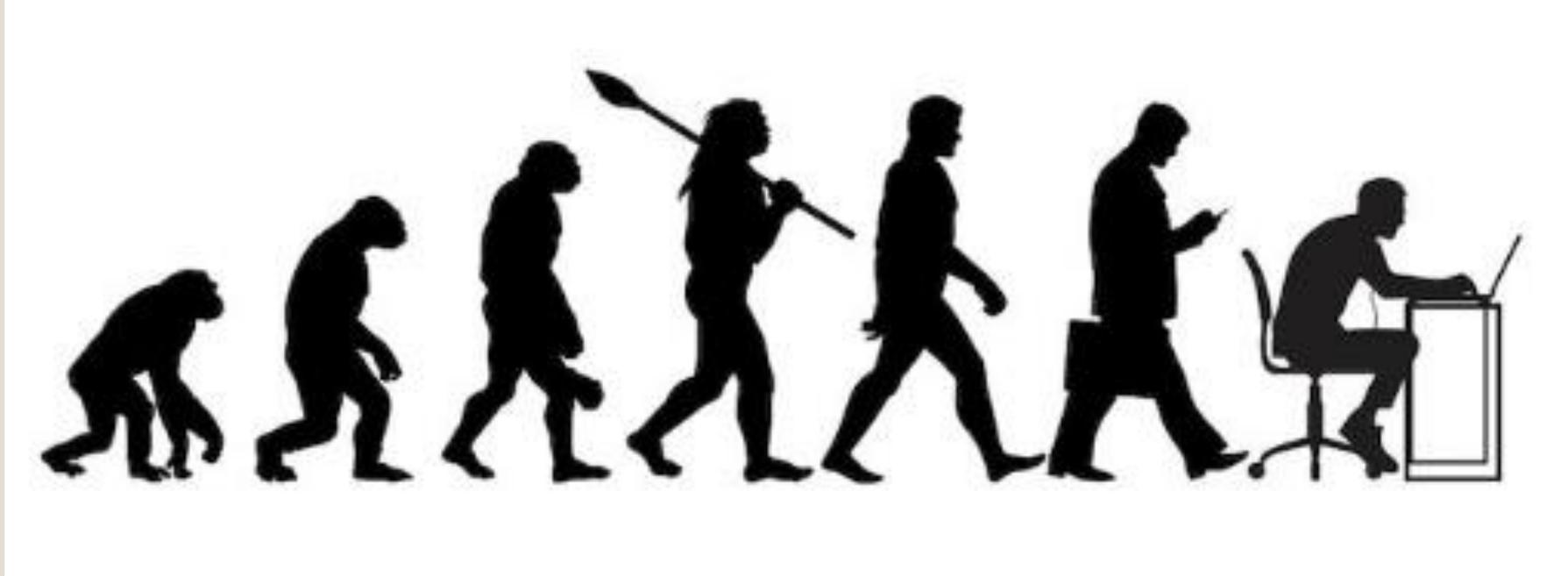
# Exploration...



**Genetics**

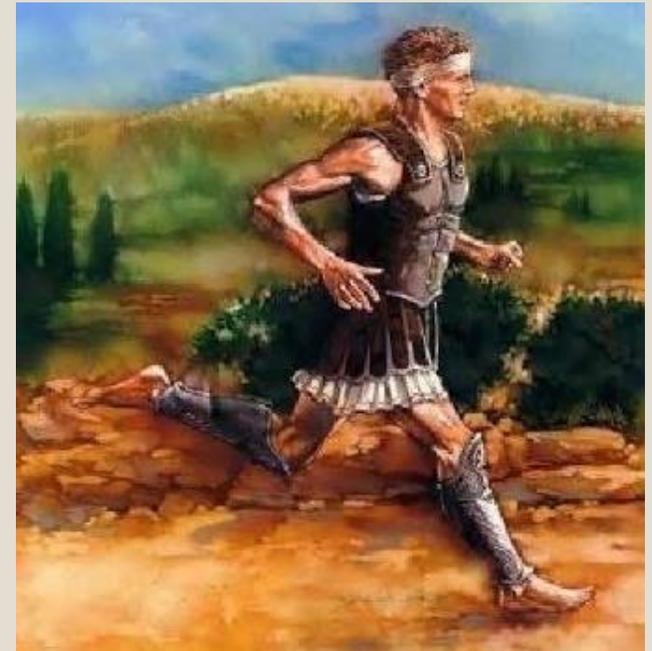
**Epigenetics**

- Nutrition
- Sleep
- Behaviour
- Meditation
- Exercise



# Exercise - Moderation is Key

- Joggers live 6 year longer than non-joggers/runners
- Exercise helps you protect against diabetes, heart disease, dementia, cancer, & obesity
- BUT like any drug, High Intensity Exercise
  - Too little = No benefit
  - Too much = Harmful
- Don't be an extreme intensity runner, It can affect your heart!



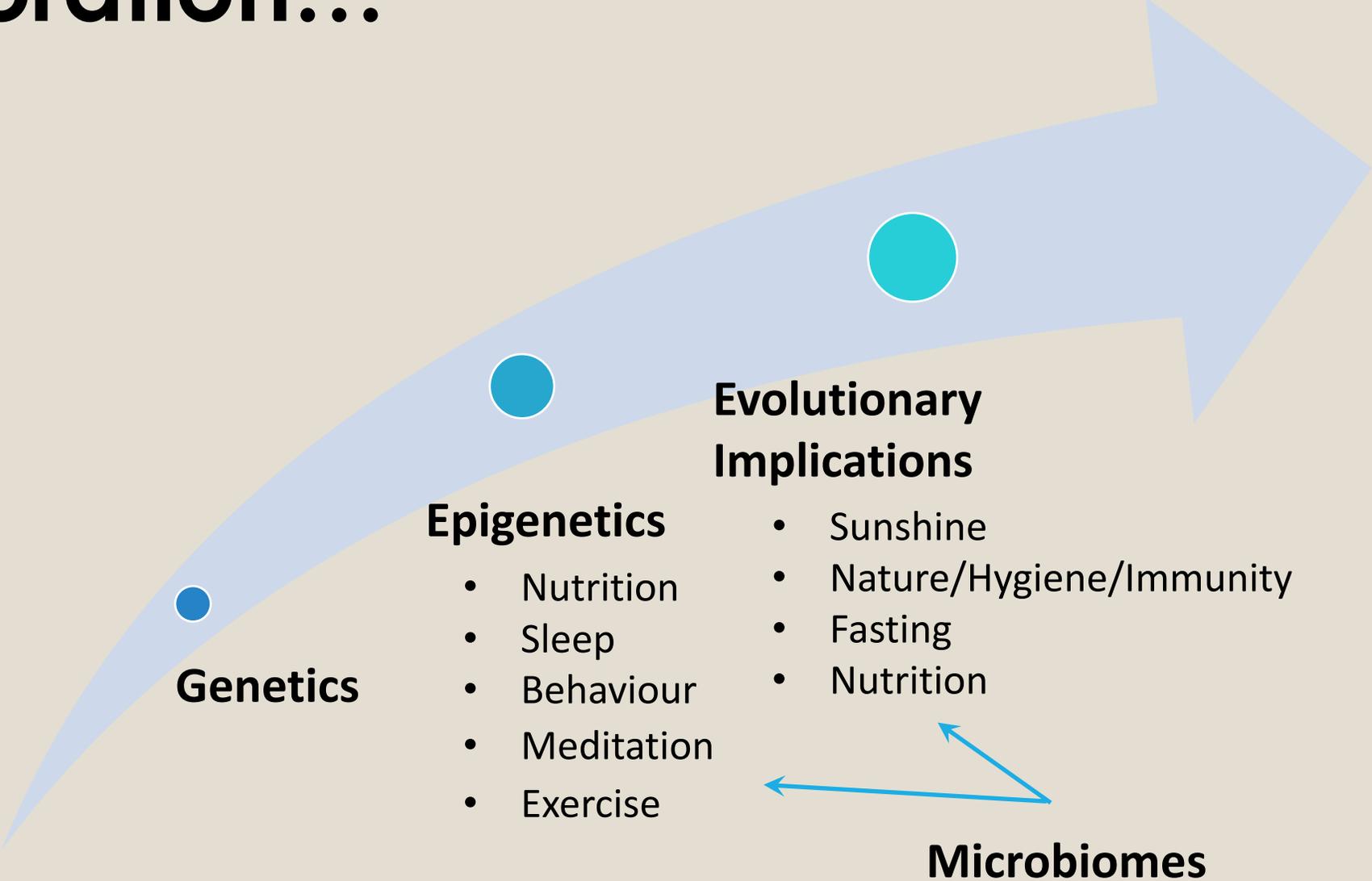


“The right amount of nourishment and exercise,  
not too little, not too much, is the safest way to  
health”

– Hippocrates, Father of Western Medicine

[Click here to view video](#)

# Exploration...







A scenic landscape of a mountain range at sunset or sunrise, with a calm lake in the foreground reflecting the mountains and sky. The text "THANK YOU" is overlaid in the center.

THANK YOU