

Reframe And Refresh Resources

[The Blue Zones Secrets for Living Longer: Lessons From the Healthiest Places on Earth](#)

by Dan Buettner

[The Blue Zones Kitchen: 100 Recipes to Live to 100](#) by Dan Buettner

[The Blue Zones Kitchen One Pot Meals: 100 Recipes to Live to 100](#)

by Dan Buettner

[The Purpose Driven Life: What on Earth Am I Here For?](#) by Rick Warren

[Love Life Again: Finding Joy When Life Is Hard](#) by Tracie Miles

[Beholding and Becoming: The Art of Everyday Worship](#) by Ruth Chou Simons

[GraceLaced: Discovering Timeless Truths Through Seasons of the Heart](#) by Ruth Chou Simons

[Live in Grace. Walk in Love: A 365-Day Journey](#) by Bob Goff

[Think Ahead: 7 Decisions You Can Make Today for the God-Honoring Life You Want Tomorrow](#)

by Craig Groeschel

▶ Extended interview: Dan Buettner discusses the secrets to living longer

▶ What The Longest Living People Eat Every Day | Blue Zone Kitchen Author Dan Buettner

<https://www.youtube.com/live/FjTZ1WQtsJY?si=md8Kelpd1VlxA4OR>

▶ A life of purpose | Rick Warren

▶ Trust God With Your Plans for 2026 | FULL EPISODE | Better Together on TBN