

# CONTENTS

<b>Introduction:</b> Embracing a New Humanity and a New Earth . . . . .	11
<b>Chapter 1:</b> I've Decided to Live 120 Years. . . . .	19
<b>Chapter 2:</b> What Is Humanity's True Path? . . . . .	37
<b>Chapter 3:</b> How Do We Achieve Completion?. . . . .	57
<b>Chapter 4:</b> Reflect on the First Half of Your Life, Design the Second . . . . .	77
<b>Chapter 5:</b> Physical Power Is Life—Just Move . . . . .	101
<b>Chapter 6:</b> Discover New Sources of Happiness . . . . .	143
<b>Chapter 7:</b> Let Go of Attachments to Find Peace . . . . .	167
<b>Chapter 8:</b> Don't Fear Solitude—Enjoy It . . . . .	183
<b>Chapter 9:</b> Give Your Brain Hopes and Dreams . . . . .	193
<b>Chapter 10:</b> Cultivate Yourself Continuously. . . . .	215
<b>Chapter 11:</b> Share and Give . . . . .	235
<b>Chapter 12:</b> Be Close to Nature . . . . .	247
<b>Chapter 13:</b> What We Leave Behind . . . . .	263
<b>Afterword:</b> A Special Invitation to Earth Village . . . . .	287
<i>Acknowledgments</i> . . . . .	297
<i>About the Author</i> . . . . .	299
<i>Resources</i> . . . . .	300