



Feel Younger - Now! 21 Days, 7 Habits: A Step-by-Step Guide to Building 7 Habits for Looking and Feeling Younger and Better

Don McGrath

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In his new book *Feel Younger - Now*, author Don McGrath, Ph.D. shares how he discovered the secret to losing weight, becoming fit, and improving energy, for people who have tried and failed many times in the past. He also shares a proven step-by-step solution, and includes access to training materials and tools that go way beyond what you expect to get from any book. "From my last book, *50 Athletes Over 50 Teach Us to Live a Strong, Healthy Life*, I observed that the incredibly healthy and fit over-50 athletes I interviewed did not struggle at all with staying lean, fit, and healthy," says McGrath. "In working with non-athletes to improve their fitness, I saw the enormous struggles that they face. Most of them really want to lose weight and become fit, but almost all have failed multiple times. From the lessons I learned from both athletes and non-athletes, I discovered the secret to losing weight and getting fit." A very unique aspect of *Feel Younger - Now!*, is that it includes links to resources that compliment the book and provide valuable tools and training. "Before writing *Feel Younger - Now*, I created the 21 Days 7 Habits Training Program, which provides training and tools for building the 7 habits outlined in the book. I really feel like this is much more than a book. It is everything that anyone needs to make the changes in their life that are required to feel younger now!"

Reviews: "America has an energy crisis and it's not the kind you think. It's a personal energy crisis. The combined effects of sedentary lifestyles and poor diets have conspired to rob millions of the vitality needed to enjoy life and achieve success. The solution is Don McGrath's, *Feel Younger - Now!*, a life transforming guidebook for anyone who is over stressed, overweight, overtired or undernourished. McGrath's program is unique because it's built upon the most solid foundation of all - habits or rituals. In an easy to follow, step-by-step, process McGrath shows the reader how to build the seven habits that result is a sustainable change in lifestyle." - Marc Middleton, Founder and CEO of Growing Bolder Media Group "Feel Younger -Now, proves that feeling great defies age. Don McGrath gives the reader a realistic and doable blueprint for blasting through any age barrier and, by choosing to live a healthy lifestyle, thriving every day for a lifetime." -Pam Peeke, MD, MPH, FACP, National Spokesperson ACSM Exercise IS Medicine global campaign, WebMD Lifestyle Expert, Author of *Fit to Live* "Feel Younger - Now! is required reading for anyone who wants to have grand adventures in their forties, fifties, and beyond. Don McGrath gives us the recipe for laying a strong foundation of healthy habits that prepare us to be strong and healthy, so that we can fully experience whatever adventures we choose." - Ward Luthi, Founder and CEO of Walking The World "Now, more than ever, we need a 'How To' manual for people who want to get younger and feel better. In *Feel Younger-Now!*, Don McGrath provides stories, unique insights, and the recipe and tools to do just that, one day at a time." - Grady Harp

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Kelli Smith:

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