



## **November 2009 - Leadership Letter (44)**

***Before we get started, just another reminder to everyone ... we will soon be dropping our office land line in favor of our mobile number ... 513/919-7672. Please make a note of this change. Thanks!***

### **“YOUNGER NEXT YEAR”**

**Hello all!**

Honestly, there is so much crapola out there on good diets, healthy living, exercise, etc., I took a "ho-hum" attitude toward this book given to me by friend and colleague John Parmater.

Well, for starters, this book was more **fun** to read than most books I read for pleasure ... I hated to see it end!

So as not to spoil your own reading of this treasure, in the following I'll try to pull out just a few "gems" that will hopefully provoke you into perusing it yourself.

**Hope you enjoy them!**

All the best,

***Mel***

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# YOUNGER NEXT YEAR

by Chris Crowley and Henry Lodge, MD

Workman Publishing

New York, 2004

## SOME GEMS TO TICKLE YOUR APPETITE FOR THIS BOOK ...

**Reviewers:** “Optimism, insight, humor ... provocative, fresh, witty ... life enhancing recommendations ... evolving science (replacing myths).”

This doctor and his star patient team up to provide way-out-of-the-mainstream, serious help for the second half of life, and they made me laugh out loud every other page!

**Brains:** We seem to have three, though they are well interconnected ... **Reptilian** brain for our body, **Mammalian** brain for relationships and communication, and **Thinking** brain for reason and intellectual pursuits.

**Bodily Health:** While all three brains have a major impact on our health, our **Reptilian** brain directs our body's cells to either decay or rebuild, based on critical messages it receives from the body. You've gotta understand and heed these messages for a healthy life! The only "message" it understands is **exercise!**

**Emotional Health:** Our **Mammalian** brain, which we share with mammals such as mice, bunnies, bears and wolves, cares about the “pack” and family. It has an extraordinary focus on one-one communication in all its subtle forms. Once again, we thrive on critical messages **this** brain receives. And, once again, you've gotta understand and heed these messages for a healthy life!

**Mental Health:** Actually, all three brains impact all three arenas of our health. While they are separate, they **are** interconnected, and one realm of good or poor health impacts the other two.

So, our **mental** health is very much impacted by our body's health (or lack of) and our emotional well-being (or lack of). But, it's also impacted by our “work” and our other pursuits, be that golf, family, hobbies, projects, or good works. When we “retire,” these other pursuits become even more important.

**Bottom Lines:** **Aging** is programmed in ... hair grays, skin wrinkles, etc. But, **decay is optional!** How do we keep ourselves from decaying? By changing the signals we send to our bodies through ...

- **Daily** exercise (no. 1 and essential!)
- **Emotional** commitments (people)
- **Healthy** nutrition (real food)
- **Engagement** with living

**Our far-too-comfy lifestyles** are a big part of the problem. Perhaps that's why we are tops in the world in our healthcare costs and 40<sup>th</sup> in our actual health!

**Thanks:** Thankfully, it seems that a lot of what I'm already doing is good for me, and there are a few more (fun) things to try! And on top of all that helpful info and insight, this book is fun and funny too ... something I always need! Bet you do too.

With thanks to colleague John Parmater, coach/consultant extraordinaire (614-784-0500) for gifting me a copy.

