



## A Primer for Old Guys: Eat Smart, Exercise, Be Happy (Paperback)

By Dr Larry McConnell

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A Primer For Old Guys is a comprehensive lifestyle guide that offers older men a practical strategy for maximizing their full potential. Dr. McConnell hits all the right buttons with his lifestyle plan which is designed to empower the reader to control his own destiny. The Primer is an informative read which is rich in research, engaging in tone, optimistic in spirit, and realistic in outlook. The author s unique sense of humour and can-do attitude clearly show he s a guy who walks the talk and enjoys every moment doing so. Dr. McConnell offers up an accessible and engaging read that provides challenging exercise routines, a few fashion tips, easy-to-prepare meal recipes and professional insight on managing relationships with spouses, children and grandchildren. It is a fun read designed to help you think smart, remain healthy, have fun and feel happy without ignoring the fact that you are getting older. Written by an old guy, for old guys, this book outlines how to take charge of your life and lifestyle in a rewarding way as you age. It provides...



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