

"This book reveals the single greatest financial and cultural challenge in America: How will we provide medical care and housing for the longer-living baby boom generation?"

DR. BILL MCQUIRE, FORMER CEO UNITED HEALTH GROUP

YOU'RE TOO OLD TO DIE YOUNG

A Wake-Up Call for the
Male Baby Boomer on
How to Age with Dignity

DAN ZEMAN

FOREWORD BY GREG LEMOND
3-TIME TOUR DE FRANCE CHAMPION



Dan Zeman

You're Too Old to Die Young: A Wake-Up Call for the Male Baby Boomer on How to Age with Dignity



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The legacy of the male baby boomer will be defined by how they choose to handle the physical, emotional, and financial burden they leave to another generation. As a fitness physiologist for over 35 years, Zeman has been in the trenches of medical, fitness, and sports medication areas. Zeman lays the groundwork to greatly help the male baby boomer program ahead for living longer than any generation ever sold. Author Dan Zeman is passionate about educating and motivating his fellow male baby boomers about the aging process. He's had a ringside seat as medical advancements have increased life-spans, technological developments have decreased physical activity, and learned why society has struggled to handle the resulting problems. Today, these men you live much longer than they expected and you will be forced to come quickly to terms being gifted an increased life expectancy, both good and bad.



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There's hope for people! If you have a baby boomer parent I highly recommend this reserve. While he is health conscious and remains fairly active, this publication provides him with brand-new perspectives and assistance that may benefit him, and our family, for many years to come. Well worth a read if you are of Era X (like me) or older. Expert Guidance for Aging Gracefully I gifted this publication to my father who is 64 and enjoys taking care of himself. Dan understands how to distill complex medicine and science into basic conversational terms, which may be the only way that works together with a reader like me. Highly recommend this for the important men in your life! A must read for seniors I purchased this for my dad for Christmas this season. I am 51 plus some of the writings in the book even resonated with me and how I will prepare my life continue. An empowering, uplifting reserve from a man who's worked with some very nice sports athletes, including Greg LeMond, among America's greatest. It is extremely insightful. Highly suggested. My dad said it had been a "no nonsense method of health insurance and happiness for man baby boomers like myself". Perfect gift Bought this for my dad after hearing such advantages of Dan Zeman and his work with Greg LeMond and the Minnesota Timberwolves and Vikings. Over 10,000 boomers are hitting 65 every single day and Zeman's publication is a no non-sense approach for them to utilize in their futures. Maturing Gracefully and Loving Yourself Extremely inspired book written for your healthy mind, body, and spirit mainly because you age. Dan Zeman has made a career of helping people age with grace and dignity even after years of high tension to their joints and muscle groups. Very great read and an excellent gift idea for the holidays. Massively important topic, extremely well-written Dan Zeman has written a insightful, entertaining, and actionable reserve for the male baby boomer generation. Was a great present! The author's writing style is very easy to read, and his tips are not hard to follow. Perfect gift for every guy who's getting older I am a 57-year-old woman and I read this publication with great fascination. This book is jam filled with great tips and advice for every man I love or care about. Loved it, recommend it! He makes a guarantee that this is a wake-up call, and he delivers on that promise. But he doesn't stop there - he also lays out an action arrange for making changes now that will impact the health, happiness and properity of men who probably under no circumstances thought they would get past age 30. This important book should be on every man's nightstand. A book every male baby boomer should go through.



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