

# Aging Beyond Belief

Don Ardell

69 tips  
for **REAL** wellness

**R** Reason  
**E** Exuberance  
**A** And  
**L** Liberty

*Don Ardell*

## **Aging Beyond Belief: 69 Tips for REAL Wellness**



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If you intend to age, get ready - it's later on than you imagine. The 69 guidelines in *Maturing Beyond Belief* give evidence-based tips that provide invaluable insights on: exercise, humorsexualitypersonal responsibilitymeaning and purposecritical thinkingresilienceeffective relationshipslearningnutrition, and twelve other life-skill areas. With the right kind of guidance, you can attain a far more healthful, enjoyable, and meaningful existence at every stage of lifestyle. The challenge of aging well should be taken seriously, but not grimly. Whatever your age, it's never too soon, or too late, to understand and apply the fine art of aging well, effectively.



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Depend on exercise and nutrition, not medications and doctors. Great fun as well." A most readily useful Wellness prescription for all those.) Aside from the obvious health advantages, he uses triathlon's two changeover intervals as a metaphor for managing existence changes. Ardell was publishing books a long time before I was 12 - his first, the landmark High Level Wellness: An Alternative to Doctors, Drugs, and Disease, visited press in 1977 - but had he written his current publication circa 1981, he would have needed a different subtitle than 69 Strategies for Real Wellness. The 69 tips represent each year of Ardell's lifestyle, though I suspect the impish wellness guru may have chosen the number for marketing purposes. In any event, the book is the type of good sense approach to mindset-nutrition-exercise that's sorely without the fitness publication aisle, overpopulated as it is by celebrity fitness "gurus," flavor-of-the-month diets, and hardcore bodybuilding nonsense. Readers familiar with Ardell's Site, his quarterly newsletter or his weekly e-blast will recognize some of his familiar rants: Take responsibility for your wellbeing. I've noticed Don Ardell speak at conferences and I'm very happy to report that this publication, like Don, inspires us to end up being all we can become. Practice kindness. Inspiring! Minimize stress, laugh even more, and do not take yourself therefore freakin' seriously. Above all, live with design and panache - among Ardell's favorite phrases. Ardell virtually invented the wellness phenomenon and it's interesting that handful of his diet-and-workout descendants possess followed his lead in providing exercise prescriptions for your brain. Alongside daily exercise and practical eating, Ardell lists lifelong learning, nourishing passions, and working out essential faculties as crucial abilities to aging well. Ardell clarifies how healthy eating, fitness, a positive attitude and good friends can enhance our standard of living throughout the aging process. The goal is to, as you age, keep up with the best possible health, the best available energy levels, the greatest obtainable amount of physical mobility, and the fullest mental capacity. (He resides in downtown St. I don't know if such books affected my product sales ability or disposition, but We wish I had a book in the past like Ageing Beyond Belief by wellness guru, loudspeaker, and triathlete Don Ardell. Dr. Ardell offers several sound policy concepts, including a taxes credit for seniors who take care of themselves and do not go the familiar route of counting on medications. Unfortunately for Ardell, he will not provide the sort of short-term, ineffective diet program that captures the eye of television makers and magazine editors." "Workout [your] vital faculties; (Ageing Beyond Belief Tip #54: Prepare for, Participate in, and Finish a Triathlon. To assist you do that, Don has assembled his "69 Tips.. That is clearly a shame, since he provides simple solutions to the obesity crisis, and the looming collapse of Social Protection and Medicare, plus a realistic blueprint for anyone to age gracefully. and liberty, which Don defines as "independence and choice" is at the center of living the wellness way of life. This delightful and informative romp takes the sting out of aging This book is a wonderful and an informative romp about a significant subject. The REAL in the title stands for Reason, Exuberance, And Liberty. Ardell's ability to combine solid analysis on ageing with personal reflection and humor takes the sting out of contemplating the health challenges ahead for every folks. I especially like the optimistic and proactive approach to wellness. Though the book is targeted toward seniors, it's really for everybody facing aging, which is to say most of us still breathing. Ardell even encourages readers to go naked even more, whether it's at a nudist resort or dancing nude at home with a friend. Dr. Ardell is normally a public critic and obviously is concerned about the lack of critical thinking and harmful practices that is becoming an American tragedy. He does not shove his views down our throats, but we can appreciate his perspective and invites us to create our own. Question all you browse and hear. Reading Maturing Beyond Belief is an opportunity to spend time with a delightful and knowledgeable wellness part model and guru. I'm still a relative youngster (49) and I feel lucky to possess Dr. Perhaps that is nearly as good a reason as any." "Humor is certainly powerful stuff; My hope is that they too, will age beyond belief. The 69 Steps In the field of Wellness Dr. Don Ardell is recognized nationally and internationally as its "Dean." Don comes with an original and very healthy attitude towards ageing (which at 69 this nationwide and worldwide age-group triathlon champion has experienced himself). Dr. How broad is his approach? Well, he tells us that:

achieving wellness is usually always predicated on reason, science, and the capability to make rational choices;.And he does so with great panache.Rick Waldbart Simultaneously, the reserve is science-based and is well-stocked with both data and references. The written text is aimed at helping visitors to become individuals who are "AUI," that's "aging under the influence" of leading a wholesome and well way of life. And the triathlon age-group champion spends a lengthy chapter on the sport. None of these should be measured on any complete scale, but should for every person reflect the reality of their existence and their particular genetic and educational endowments or absence thereof. Petersburg, Florida, that your all-knowing mass media elite know is certainly one giant, fixed-income retirement community, not one of the most white-hot real estate markets in the united states, with an upscale, thriving arts community." Why 69? Well, Don was 69 when he wrote the reserve. Ardell's reserve in my library. Among them are: "Nutrition [is] the center of the matter;" "Just say no [to medicalization];" "Take Charge [of the wellness procedure];" "Understand Longevity;" "Stay centered and balanced; He has no celebrity clients and will not live in New York or LA." "[Practice attaining] serenity;" "Sex is usually wonderful; I am purchasing this publication for relatives and buddies." "[Think about] THIS IS of Life [for yourself]. Maybe she was concerned about my developing cynicism and dark humor.Steven Jonas, MD, MPH, Professor of Preventive Medicine, College of Medicine, Stony Brook University, co-editor of the textbook, "Health Advertising and Disease Avoidance in Clinical Practice" (2nd ed., Lippincott, Williams and Wilkins, 2007). Don't Miss it! If aging might happen to you, you'll get something out of this book. If you wishto age group with grace, with wisdom, you will need this book.Dr. Don, a fantastic man, offers some uncommon insights into that unavoidable process that will eventually us allHis fearless distillation of a reflected lifestyle consists of priceless gems for each of usfrom his thoughts on death to a lovely meaningful gift to grandchildren.The best..) So Ardell and Maturing Beyond Belief are unlikely to draw much interest. if wellness is not fun, it isn't wellness;live a little kindness, complete on a little of it each and every day. When I was on the subject of 12, my mother bought me a couple of books by famous brands Dale Carnegie and Norman Vincent Peale.Don illustrates these principles by, for instance, filling the reserve with intelligent humor (OK, not all of it is intelligent), some his personal and some borrowed from others.



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