

## Dr. Roger Landry's *Live Long, Die Short* Book Tour

Masterpiece Living President and award-winning author of *Live Long, Die Short: A Guide to Authentic Health and Successful Aging*, **Dr. Roger Landry**, began his national book tour in January of 2014. Originally, the tour was slated to be a four-month journey to share the good news about successful aging but has since been extended to meet the growing demand for this popular presentation.

**Think you know what he's going to say? Think again! In Dr. Landry's presentation, "The Alchemy of Aging," he discusses:**

- Ten empowering tips to age successfully, which include never acting your age.
- The "alchemy of aging" - how to turn your aging experience into gold.
- How stress "rots us from within" (and what you can do about it).
- Authentic health as what we can "rediscover" from our ancestors.
- The Miracle of Moving: A no-fail way to reap the benefits of a more active lifestyle.
- Staying on the playing field of life: The bleachers are too risky.
- Neuroplasticity: Your brain turbo-charged.
- Benefits of Mindfulness: Not being absent for your life.
- How to evaluate the risks and benefits of your lifestyle and make a plan to lower threats to your quality of life and independence.
- How to never again fail at making healthy lifestyle changes.
- Why our elders are part of the solution to society's challenges rather than the problem: a resource rather than a liability.
- Why the "next phase" really is the "icing on the cake" and a time of transformation.

**Dr. Roger also presents on a variety of topics. For a complete list, visit:**

<http://tinyurl.com/zuxbj3m>.

**Sign up to receive weekly Fireside Conversations from Dr. Roger and get a regular dose of inspirational Successful Aging tips.**

Email [Danielle@mymasterpieceliving.com](mailto:Danielle@mymasterpieceliving.com) to have your email added to this free newsletter list or sign up here: <http://tinyurl.com/h58azcy>

### Social Media Pages

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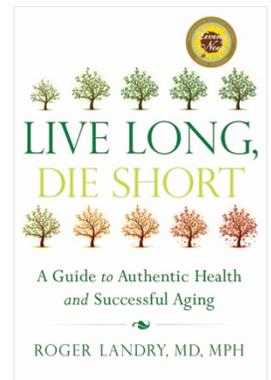
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