

# REVIEW

**(Approved for publication)**

## THE GOOD LIFE --

*Redefining Your Health With the Greatest  
Visionaries of Our Time*

**By Jesse Dylan**

John Wiley & Sons Ltd. Canada, 2009, ISBN-0-470-15694-5/ Cloth)

This book is a gem. Whether you're new to the notion and practices of holistic medicine and body/mind/spirit consciousness, or a forty-year veteran, Jesse Dylan's new book, *The Good Life*, deserves a place in your library, and consideration as a perfect gift for a friend or loved one. It is a comprehensive, clear, and highly accessible compendium of both the most fundamental wisdom, and the latest state-of-the-art knowledge, that promote personal health, happiness, and peace. Dylan, a top-rated radio talk show host, has distilled 15 interviews with some of the world's most prestigious experts in the field into 15 chapters covering Health of Mind, Health of Body, and Your Spiritual Health. Filled with personal stories, as well as valuable understanding, *The Good Life* is a smartly written, smooth, enjoyable read. From "Healing Through Joy" to "Increasing Vitality at Every Age," to "Learning to Forgive" (and twelve more chapters), the book reveals the humanity and brilliance of such luminaries as Dr. Michael Roizen (*You: Staying Young and You: The Owner's Manual*), Lynne McTaggart (*The Field*), Dr. Bernie Siegel (*Love, Medicine & Miracles*) Dr. Joan Borysenko (*Minding the Body, Mending the Mind*), Jim MacLaren (Choose Living Foundation), and Bob Proctor (*You Were Born Rich/Law of Attraction* expert), among others. In the Introduction, Dylan shares a bit of his own story of personal transformation. At this time of ever-expanding awakening, *The Good Life* will serve its readers as a strong foundation for understanding and growth.

<212 words>