

“THE GOOD LIFE WITH JESSE DYLAN”
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“Rock Jock Learns to Listen!”

TALK-RADIO HOST TASTES HIS OWN MEDICINE

New Book *The Good Life with Jesse Dylan*

Delivers Latest Advice on Health of Body, Mind and Spirit

LOS ANGELES, CA.-- Sometimes our personal pain can lead to our greatest healing. Jesse Dylan, former radio jock and now internationally renowned talk radio host, took the time to learn to listen and now delivers proof in his new book on integrated alternative health, *The Good Life with Jesse Dylan: Redefining Your Health with the Greatest Visionaries of Our Time* (John Wiley & Sons Canada, 2009).

One source for the best, leading-edge information, *The Good Life* book is a practical manual of daily health advice and contemporary wisdom featuring many of the celebrated guests of Dylan’s popular radio program, *The Good Life*. It combines the latest in health science and progressive thought to provide fresh insights on how to live optimally with a healthy, strong body; a flexible, positive mind; and a resilient, joyful spirit. The book is partly the product of Dylan’s own lifelong transformation, the outcome of his journey from a chaotic childhood towards a balanced path of health, conscious living, and understanding of life purpose.

Through fifteen chapters on topics ranging from supplementation to spiritual transformation, *The Good Life* provides a constellation of insights into holistic, healthy living drawing from the life stories, research, and advice of guests whom Dylan interviewed over 10 years on his syndicated radio show, *The Good Life with Jesse Dylan*. These include such contemporary health, wellness and inspirational-speaking 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). Each chapter recounts moving stories from their own life journeys while imparting wisdom to readers on topics such as Nutrition, Finding Happiness, Working Out, Plant Medicine, Finding Your Calling, Using Intention, Soul Guidance, Dreams, Relationships, Motivation, Forgiveness, and others.

The story of Dylan's own journey from famous rock and roll radio jock to holistic health and wellness author and broadcaster – the subtext of *The Good Life* – reflects how our greatest difficulties can provide the seeds for our transformation, rebirth, and new meaning. Named one of the top five radio personalities in the world, few people might imagine how painful and disrupted Dylan's own childhood was.

Dylan's father was a successful broadcaster of the 1960s who was swept up in the swinging Hollywood party circuit. As he became lost in alcohol, Dylan and his six siblings struggled to cope with life. Various substances found their way into their lives. Dylan admits, "It seems like I screwed up absolutely everything possible by the age of fifteen."

While Dylan was in high school, his father was incapacitated in a serious car accident and Dylan's life changed. In a visionary moment, he saw a rope dangling from the clouds and he felt the message: "Grab on here." Dylan instantly changed his own prodigal ways and dove into doing everything he could to help his mother raise his younger brothers and sisters. He took jobs to help support the family, and over the years he even grew closer to his father, discovering great gifts in the adversity he too had faced.

Dylan eventually followed his father into broadcasting, landing his first radio job in his teens and quickly distinguishing himself in the industry as a fast-talking zany-humored jock on popular FM rock and roll radio. He was becoming disenchanted with how corporate greed was sucking the creativity out of broadcasting. The last straw happened for Dylan when his host station mishandled a Christmas promotion during the 1990s. Jesse resolved to find a better fit for his talents through a new path and a new morality.

He had become interested in holistic medicine and had begun training and competing in triathlons. While competing in the 1997 world triathlon championships in Nice, France, as a member of the national team, he had what he calls "an epiphany to

build a health and lifestyle broadcast network.” This visionary breakthrough led him to create *The Good Life with Jesse Dylan*, the flagship health and lifestyle show on Sirius Satellite Radio (Jesse Dylan’s *The Good Life* radio program is moving to CBS first quarter 2009). During the program’s first decade, Dylan interviewed the world’s most prominent authors, researchers and speakers in physical wellness, mental health, and spiritual teaching, and it is this material conveyed through the lens of Dylan’s own life experience that forms the substance of *The Good Life* book.

Dylan says he is grateful to have been able to count on the support of his wife and sons through his own lifetime journey to health, wholeness, and well-being.

Dylan’s multi-media company, Good Life Communications Inc., develops health wellness and lifestyle content for a variety of media platforms, including radio, television, and the Internet.

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