

Peak Vitality: Raising the Threshold of Abundance in Our Material, Spiritual, and Emotional Lives

Edited by Jeanne M. House, MA

Elite Books (2008)

ISBN 9781600700132

Reviewed by Danelle Drake for Reader Views (2/09)

We hear it all the time - that feeling professed from the energy drink companies - Super Man on steroids. That vigor promised by taking a little blue pill. The get-rich scheme you can accomplish with little monetary commitment. Get everlasting health just by adding to your supplement intake. It's out there everywhere, things that will improve your lifestyle and well-being with you contributing very little. "What if your level of health, wealth, happiness, performance went up dramatically, far higher than you can currently achieve? That's Peak Vitality! And it can be yours." Really, it can. You will have to do some work, but it isn't something that is out of reach. The rewards are immense and the requirement is worthwhile.

Digging into you, your brain, and what you are all about as shown in "Peak Vitality" enables you to face realities you never knew existed and shows how you can take the realities and turn them into advantages.

"Peak Vitality" is divided into easy-to-understand chapters from some of the "it" people of today. You can begin implementing and changing your life for the better almost instantly.

With "Hardwired for Bliss," Candace Pert reminds us all of the importance of play and laughter - something so basic that can make all the difference in the world. Deepak Chopra, Mariel Hemingway, Eoin Finn, and many others enable you to put all the "self-help" you need together to reach your Peak Vitality. You will be indebted to the fifty-four unique individuals for their insight.

Of all the self-help, get-your-act-together books I have read, and I have read many, this is hands down the most complete all-consuming one there is. This is a great gift to give to those you love - the path to a more fulfilled life. "Peak Vitality" edited by Jeanne M. House will get the reader motivated and on their way to reaching their PEAK VITALITY!