

# Living *VIGOROUSLY* Longer

This book is about  
**proactive wellness management.**

If you are satisfied with traditional \$-driven reactive  
medicine and healthcare,  
this book is  
**NOT FOR YOU!**

If you are accepting of your health declining  
continuously as you age,  
this book is  
**NOT FOR YOU!**

If you want to be healthier, reach your ideal weight,  
develop an improved physique, become stronger, feel  
better, look better, age better and have a ton more  
energy and libido, **read on and act on the advice**  
**that you think makes sense for you.**

**Leslie S. Emhof, MD**  
**John Rawlins Lewis, MBA, PhD**

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## Dedication

This book is dedicated to two American ‘artists’ in the broader meaning of the term. Biographies, articles and publications have documented their lives. They became special friends after meeting later in life. One of these men was much into music; the other, acting. One recently passed away at age 62. One remains very much alive at age 94 as of the time of this writing, both being extremely talented and spiritual men in many ways. They are:



*Toby Keith and Clint Eastwood*

The authors did not have the opportunity to personally know these gentlemen. We knew them from their performances, but feel we know them well.

Toby and Clint came together as friends in 2018 and created the seed for a captivating song. If we were to have an official song for this book, it would have to be **“Don’t Let The Old Man In.”** It is inspiring. It fits.

Interestingly, it was Clint Eastwood who first mentioned the title to Toby, who then immediately wrote the lyrics and musical score that addressed being committed to maximizing life regardless of age, keeping moving, being faithful to your wife, caring for your friends, and getting outdoors. Without getting schmaltzy, let us acknowledge two of our favorite lyrics: “Get up and go outside” and “Try to love on your wife and stay close to your friends.” We are big believers in both of those suggestions. They are wonderfully spiritual admonitions, which is what you might expect from those two genuine guys.

In our opinion the movie, *The Mule* did a fantastic job of focusing attention on advanced aging.

These two guys have had ‘cachet’ throughout their adult lives. They have been respected, admired, and showered with praise and accolades for their talent and compelling charm. The world has been and continues to be blessed by their music, performances, and movies. Either of these two men could walk into a room and ‘fill it’ with their divinely conferred charisma and easy-going presence.

We tip our hats to the pair of them. What they have done as actor and musician will not cease to be recognized. It will be cherished and enjoyed many years from today.

— The Authors, Les and John

**“DON’T LET THE OLD MAN IN”**

