

Living Well: Six Pillars for Living Your Best Life

Greg Horn

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It's possible to reclaim your health by following simple, customizable, and enjoyable strategies, as this enthusiastic book shows.

In *Living Well: Six Pillars for Living Your Best Life*, Greg Horn, a leader in the field of healthy living and the builder of two of the largest and most successful healthy living companies in the world, tells the compelling story of his debilitating illness and the simple, unconventional, and surprising road map that helped him return to vibrant health.

At the age of thirty-six, at the top of his game selling brands that he had created as the CEO of GNC, Horn got sick with something from which he says most people never recover: multiple chemical sensitivities (MCS). In a world filled with toxic chemicals, his future looked bleak. He was unable to work in an office or have many normal relationships. He'd basically be confined to his home as his health continued to decline. With no help available from the medical establishment, Horn took radical action.

His personal journey from illness to recovery involved making use of his decades of research and the knowledge of other top experts in the field of health and nutrition. The nature of his illness required that he leave his corporate position and become an entrepreneur, move to a better climate, and create a home and work environment that minimized chemical exposures. But even though the changes he had to make to reclaim his health were difficult, he writes that the effort required was definitely worth it, and his excitement over new discoveries in the field of health and nutrition is contagious.

"In creating the Living Well program, I explored the disconnect between our modern living conditions and what has been encoded in our body through a million years of evolution," Horn writes. But he doesn't advocate a return to our evolutionary past; instead, he suggests the integration of what's best in the modern world with what our bodies really need to survive and thrive. His "Six Pillars for Living Your Best Life" encompass Thinking Well, Eating Well, Moving Well, Sleeping Well, Hosting Well (protecting the human microbiome), and Staying Well; each is covered in an engaging and accessible manner that allows for the development of an individualized program for health and vitality.

Written in a conversational tone, Horn's guidebook to healthy living carries a note of urgency as he talks about the very real "invisible threats" that life in the modern world brings, including indoor pollution, food additives, antibiotic-resistant pathogens, and toxic chemicals. He also addresses timely issues like the current controversy over vaccination, and the benefits of organic and low-on-the-food-chain eating. Exciting new research is also highlighted, including current work on the possible causes of obesity. Horn's explanations and instructions are easy to understand, and he backs up his statements with ample references and resources for further study. The book's interior layout and design are attractive and easy on the eye, with touches of color that add to reading pleasure. However, the text contains several distracting errors, especially in spelling and word usage.

In *Living Well: Six Pillars for Living Your Best Life*, Greg Horn offers both encouragement and the example of his own life to show that it's possible to reclaim your health by following simple, customizable, and enjoyable strategies to build

a path to wholeness one step at a time.

KRISTINE MORRIS (October 4, 2016)

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