



# 21 Days of Simple Changes: Supercharge Your Vitality for Our High-Velocity World

*Gregory Florez*

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Our high-velocity lives can be one long list of things that must be done—now! Rushing from one priority to the next, we may ignore our own well-being. But there is an answer. 21 Days of Simple Changes is a no-nonsense toolkit to achieve greater health and vitality. Short-term Simple Changes lead to long-term, lasting changes that will stick. Beginning with your choice of 3 Simple Changes for 21 Days, you can start small and build successful habits in manageable increments that will last a lifetime. The best part? The Simple Changes work, and you pick which ones to use and switch to others as your needs change. The other best part? This Simple Changes program has successfully changed the lives of thousands of Gregory's clients around the world. In 21 Days of Simple Changes, Gregory Florez has distilled 29 years of changing lives into 70 Simple Changes to help you become physically healthier—and train your mind to be more agile. The 5 Quick-Start Changes are the ones that are the most fundamental for increasing vitality and health. And there are Simple Changes for Specific Goals:

- Want to eat right? Try #1 Hydrate! or #25 Eat the Good Fats.
- Want to improve your mental effectiveness? There's #15 Pick up a Pen or #20 Do One Big Thing Daily.
- Need to be more focused? See #18 Do Your Work in Chunks or #49 Use Apps for Health and Vitality.

The Simple Changes range from suggestions for high-tech apps to low-tech exercise equipment, and everything in between. But they are all, truly, simple and do-able in today's hectic world.

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