



Reviewer's Bookwatch

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Carson's Bookshelf

Vibrance for Life

Lorraine Maita

Privately Published

9780983314806, \$14.95, www.vibranceforlife.com

Good health is the first step to a happier life. "Vibrance for Life: How to Live Younger & Healthier" is a self-help guide that focuses on finding how to make the changes in one's life to live it with more vigor, stating that physical and mental health blend well to find greater health through it all. With additional information on understanding genetics, "Vibrance for Life" is a fine read and very much recommended for those trying to get the thrill and youth back into their lives.

Michael J. Carson

Reviewer