

Take a Simple Drive to a Healthier Life



As Formby U3A secretary I sometimes get some unexpected emails. Recently I received an email from a doctor in Australia which I thought was worth sharing...

“Hi

I am a family doctor in Australia who has self published a **free simple e book on personal health** titled -

Take a Simple Drive to a Healthier Life

The aim of this email is to make the book's **free** availability known to all your local U3A members. It was received favourably by many Australian U3As so I thought that it would be worthwhile going international. If you think that it may help your members improve their health and understanding of some basic health issues, please pass the information on to them.

I stress that I receive NO return for any free downloads of the ebook.

Having sold enough physical copies to more or less break even, I decided last year to make the ebook version free for all - **available FREE via**

- **the books app (orange icon) on iPhone / imac / ipad**
- **Amazon for kindle on UK site**
- **a simple download from my health website - thesimpledoctor.info**

Veterans Affairs in Australia and Diabetes Vic have been very positive about the book. I have received favourable responses from many Australian U3As. It seems that the older generation really do appreciate their health and want to maintain it as best they can.”

I have downloaded the book myself.

Keith Jacques, Secretary.