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Finding Ultra Rejecting Middle Age

My friend Rich Roll's inspirational memoir Finding Ultra: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself, is being published by Random House May 22. It's part memoir and part road map: Rich shares his awe-inspiring mid-life transformation from 40-year old overweight couch potato to the plant-fueled elite ...

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Finding Ultra

? Rich Roll, Finding Ultra: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself "Healthy gut bacteria create a craving for healthy foods, while pathogenic bacteria create a craving for unhealthy foods. Change your microbes and you change your life. Change your cravings and you change your life."

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Finding Ultra is an inspirational and moving account of a man not only facing his addictions, middle age and personal fears, but conquering them as well. Mr. Roll has become a role model (pun intended, ;o) for me.

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