



Maximum Energy for Life: A 21-Day Strategic Plan to Feel Great, Reverse the Aging Process, and Optimize Your Health

Mackie Shilstone

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FEEL BETTER. LOOK BETTER. LIVE BETTER.

Maximum Energy for Life is a revolutionary game plan for achieving optimum health and fitness that will make you look and feel better than ever before. In just twenty-one days, you'll have more energy, reduce your body fat, and manage stress and fatigue better than ever before. Mackie Shilstone's Maximum Energy for Life program has worked wonders for top athletes and busy professionals alike-and it will work wonders for you, too!

"The ultimate book for helping you identify where you want to go and how best to achieve your performance goals."

--Steve Wynn

"Mackie's program . . . significantly prolonged my baseball career and enhanced the quality of my life. In fact, it helped me reach the Baseball Hall of Fame."

-Ozzie Smith

Retired all-star shortstop for the St. Louis Cardinals, 2002 Hall of Fame inductee

"Mackie Shilstone's concepts in Maximum Energy for Life are truly exceptional. As a busy network executive, I know how important it is to assume ownership of one's health in being successful in business and in one's personal life. Mackie's program is the best. It has consistently worked with world-class athletes and everyday executives like me."

-Rick Bernstein

Senior Vice President and Executive Producer, HBO Sports

"Mackie is the man! [His] program helped give me the strength and motivation that I needed to succeed at the highest level. After my bout with cancer, his personal touch helped me to regain my ability to play-and the health to live a quality life."

-Brett Butler

Former center fielder, Los Angeles Dodgers

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