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## BOOK REVIEW

### **The Well- Lived Life** **“A 103 year-old Doctor’s Six Secrets to Health and Happiness at Every Age”**

*By Gladys McGarey, MD with forward by Dr. Mark Hyman*

Simon and Schuster Atria Books New York © 2023 240 pages

### **Book Review by Lisa Nemzo**

#### **Wonderful tidbits from Dr Gladys:**

- **“Why Am I Here?”** ... “It can be something that lives inside us right under the surface but feeling it just beyond our reach.”
- **“Removing the Blockage”** ... Tapping into an area where the patient is open minded - Instead of focusing on the blockage, focus where there is movement, look for the trickle going around the dam.”
- **“Grief moves while depression stands still”**
- **“Part of our collective life purpose is to learn how to move past fear and into love.** Our life force is activated by love. Love has an uncanny ability to transform everything it touches.” *(excerpts from McGarey)*

Not everyone has the ability to break down the complexities of human emotions; grief, stuckness etc, examining each eloquently, offering concrete step by step solutions- all the while giving sage guidance as to how to live beyond the blockages to a fuller happier life. But Dr. Gladys does!

Gladys McGarey, MD., now 103, began her medical practice at a time when women couldn’t even open their own bank accounts. For the past 60 years, McGarey has pioneered a new way of thinking about healing that has helped thousands live happier and healthier lives.

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Asking, “Hello, beloved body. What do you need?” in the face of a health crisis; “Such questions activate our curiosity cutting through our fear and dispelling the idea we’re helpless; in every chapter, Dr. McGarey challenges outdated modes of thinking.

The central theme is that we have much more control than we give ourselves credit for and every chance Dr. McGarey gets, she delivers hope in a myriad of ways that keep the reader engaged. Reading on to find out more and more answers to seemingly impossible situations; bringing us back to the idea that our life force is living inside us, essentially, love- the biggest healer of all. It comes down to knowing we all have a choice. And choosing self-love? is the first step.

These concepts aren’t new, but this book is put together in a way that feels fresh, uplifting and full of the belief that we can heal anything. To transcend knowing this concept into living it, is the present-day challenge for most everyone.

230 pages packed full of fast-paced gems of wisdom that can be immediately applied to support any challenges the reader is experiencing in their life. I found the material easily digestible, useable, as McGarey shares anecdotes of her successes with challenging patients. Her accounting feels relatable enough to be applied to one’s own life issues while reading about someone else’s story. That’s the true mark of rare expertise combined with a passionate belief that one has the ability to heal anything, with the key being as long as one chooses to fully activate and participate in the process.

One of the major highlights in the book was her exposing an epidemic in our youth and all walks of life in our western world; She poses the idea that ‘You are Never Alone’. Yet so prevalent in our modern culture, we are drifting apart, suffering from loneliness and separation as we dive further into our electronics and hide ourselves away from participating in community. The idea that community breeds connection, and connection breeds healthier hearts and calmer minds- and still, we are pulling further away from the very thing we are starving for. Knowing we need and enjoy connection and that we know it’s good for us, so why do we avoid it? It is a very powerful and provoking chapter.

It's a pivotal time in our world. The ascension from 3D to 5D has arrived and we are in it whether we are aware or not of the shifts occurring. So much is at stake as Dr. McGarey points out again and again, that we, are the Shepards of our own well-being.

I highly recommend picking up a copy of **The Well-Lived Life** and making time to do a deep dive with yourself ~ you’ll find something within the 240 pages that speaks to you, invokes some place where you’ve hidden something. It will be excavated, and some buried emotion will come up for air, to be expressed, creating a new path, a new awareness that will move you closer to living a happier, more fulfilled life.

### **Bio**

Lisa Nemzo EHP-C CST PTP (BCPP RPE) has been practicing in the Healing Arts since 1985. Her articles on ground-breaking case histories have been published in medical publications, newsletters and energy magazines. Lisa has been featured as a guest on internet radio interviews promoting Energy Healing. Nemzo’s case history, “Regression Beyond Conception,” was

presented at the ISSSEEM Research Symposium, November, 2018, showing the session, regression, and release of original imprinting and sustained results of the client after the session and beyond. Ms. Nemzo's private practice includes individuals, couples, families, and creative groups. Presently she is teaching her workshops, traveling to schools and conferences & groups to facilitate her workshops and elective classes for CEUs. [www.lisanemzo.com](http://www.lisanemzo.com)

Ms. Nemzo is also an Emmy Award winning songwriter and has had a long-standing career as an internationally renowned recording artist, songwriter and producer. Lisa's song "Restless Soul" was entered into the Smithsonian Institute representing the best of folk music of the 1990s. "Arlington" and "Reach" music videos have won film festivals for Best Music and environmental videos. Lisa has been an artist in residence at high schools teaching songwriting. Lisa has volunteered for writegirl.org with teen girls 13-18yrs old.

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