



Optimism helps you to live longer. *Feeling good!* is likely to give you a very positive view of life so reading it and following it could well contribute to your longevity.

Humour helps too and Alan Maryon Davis, whom I remember well for his humour, is a doctor who knows this. You'll find the book a very easy read, lightened many times a page by his deft, funny touch.

The book covers every aspect of your life and if you put only some of it into practice you'll be buying yourself many more active years of life. It's a wonderful combination: an MOT for later life and an instruction manual too.

One of the secrets of being as fit as you can be at any age is knowing that small changes make big differences. They're all in this book.

Dr Miriam Stoppard

Miriam Stoppard, well-known writer and broadcaster, is also the author of *Defying Age*.

Feeling
good!

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About the author

Alan Maryon Davis was a hospital doctor and general practitioner before specialising in preventing illness and promoting health. He is a prolific writer and broadcaster on health issues, familiar to many as presenter of the BBC TV series *Bodymatters* and *Save a Life*; guest on hundreds of radio programmes; and long-running resident doctor for the weekly magazine *Woman*. This is his tenth health book for the general reader.

In his spare time, Alan is an honorary professor of public health and chairman of the Royal Institute of Public Health. He enjoys walking, cycling, real ale, learning to sail and singing with the humorous group *Instant Sunshine*.

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Introduction



Do you feel that there's too much conflicting advice about healthy living these days? Or that it always seems to be more suitable for someone else and is never quite right for you? Perhaps you feel that the whole idea of healthy living is a bore – dreary diets, punishing exercise routines and very few pleasures. Or that it would be too difficult to fit into your life, taking up too much precious time. Or that it would just be something else to worry about.

Maybe you'd like to switch to a healthier way of life, but you think it's too late – like shutting the door after the horse has bolted. Or perhaps you find it far too complicated and daunting, and you can't quite see where to start.

Well, if any of these feelings ring true for you, then this little book could be just what you've been waiting for.

Unlike so many others, it starts with you – how you think and feel about your own health and lifestyle, and what differences you'd like to see. It helps you decide what to change and how to go about changing it. It's a simple, sensible, no-nonsense, practical and, above all, easy approach to improving your lifestyle and boosting your energy. It's about making the healthy



choices the easy choices. It's about making life more enjoyable and fulfilling. And it's about taking things one step at a time, making small changes in ways that suit you at a pace that fits your daily life.

Small changes make a big difference.