

21 Days to Wealth, Well-Being, and Abundance Now! is a practical guide that links smart money-management and healthful living for people who care as much about their financial health as they do about their personal health. Written by seasoned financial advisers who have experienced first-hand the benefits of integrating sound financial management and healthy habits into their daily lives, this insightful and informative book will help you to make wise choices and to take positive actions toward achieving your optimal financial, physical, and mental health in the weeks and years ahead.

“Finally, an investment book that takes into account every aspect of retirement, especially the most important, planning for your health.”

Dan McGrath is the author of *What You Don't Know About Retirement Will Hurt You* and co-founder of Jester Financial Technologies.

“This quick-reading book really brings to your attention how important the link is between good health and abundance. This health-minded financial planning team shares their personal money-saving strategies, and spells out both the costs and savings of making simple changes in your lifestyle, daily eating decisions and spending habits.”

Anne Danahy, MS, RDN, is a Scottsdale-based registered dietitian nutritionist with almost 20 years of outpatient clinical and community nutrition experience in counseling and teaching individuals and groups about disease management and prevention. She currently works as a health and nutrition writer.

Authors Gregory J. Lane and Lisa J. Lane are the husband-and-wife team behind WellFit Financial, a financial services company headquartered in Phoenix, Arizona. Greg is a Certified Public Accountant, Certified Financial Planner®, Registered Investment Adviser, and Certified Healthcare Reform Specialist®. Lisa is a Certified Senior Advisor, Registered Dietitian Nutritionist, and Certified Corporate Wellness Specialist®.

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*Financial Planning
for a Healthier Life*



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