

FOR IMMEDIATE RELEASE  
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**Dr. Erica Miller Reaches International Best-Selling Author Status with Third Book:  
*Chronologically Gifted: Aging with Gusto***

International Bestseller Offers a Practical Guide for Healthy Living to Age 123

Los Angeles, California – January 19, 2018. Dr. Erica Miller’s latest book, *Chronologically Gifted: Aging with Gusto—A Practical Guide for Healthy Living to Age 123* has achieved best-seller status on Amazon, just weeks after its December debut. In her third book, Dr. Miller combines engaging stories with lessons learned to impart vital concepts and practical recommendations to those interested in becoming ‘chronologically gifted.’

In *Chronologically Gifted*, Dr. Miller invites people of all ages and any gender to use this valuable information as a guide for living well throughout their life’s journey. She discusses how age is just a number and how informed, mindful life choices are essential for reaching the long, healthy, and proven ways of the chronologically gifted. At age 84, she is as healthy, resilient, and energetic in life as she has been in all of her “yesterday years.” She feels compelled to inform and inspire, inviting readers to: “Please join me until the age of 123. I Can Do It—So Can You!”

Each chapter has a section where Miller “bottom lines” the reader and another where she and the reader “get to work.” All chapters end with “personal journal pages” that readers are encouraged to fill in based on what they’ve learned.

Dr. Erica Miller has lived an eventful life—from the horrors she witnessed as a child imprisoned over four years in a Nazi concentration camp, to her adventurous experiences as a soldier in the Israeli Air Force. Faith and opportunity brought her to the United States in 1958 where she married and had two children. During this time she took eight years to earn her Ph.D. in clinical psychology. Upon completion, Dr. Miller founded and became executive director of Miller Psychological Centers, a chain of mental health clinics throughout L.A. and Orange Counties. In addition, she owns and operates Miller Properties, a family-run business in Austin, Texas.

*Chronologically Gifted: Aging with Gusto—A Practical Guide for Healthy Living to Age 123* is available on [Amazon](#). Also available: *The Dr. Erica Miller Story: From Trauma to Triumph* and *Don’t Tell Me I Can’t Do It!* For more information, visit [www.drericamiller.com](http://www.drericamiller.com) or BestSeller Publishing

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