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“Chronologically Gifted: Aging With Gusto” by Dr. Erica Miller Is Gaining Attention with TV Morning News Shows

Hidden Hills, California. September 4, 2018. Dr. Erica Miller, international best-selling author of *Chronologically Gifted: Aging With Gusto*, has been promoting her book on morning television news shows. Desert Living, broadcast on NBC-affiliate, KMIR in the Coachella Valley, invited Dr. Miller to share her tips for aging with gusto, noting that she recently completed a National Geographic expedition in which she hiked to the 17,000-ft. base camp of Mt. Everest. “I put my words into action,” said 84-year-old Dr. Miller. “We are constantly in the process of evolving and must stay active and open to new adventures,” she noted as one of the key principles described in her book.

Television stations in Austin, Texas, including ABC-affiliate KVUE and Fox-affiliate KTBC, also invited Dr. Miller to appear on their morning news shows. During her interviews Dr. Miller explained, “I don’t believe people should say, ‘I’m too old for that’ nearly as much as they do. People can start taking steps right now to help them approach the later years of their lives with optimism and determination.”

Dr. Miller believes the chronologically gifted are individuals who regard their age as a gift as well as a badge of honor commemorating a lifelong journey for which they are profoundly grateful. This journey begins at birth and continues through a personal legacy that immortalizes them in the memories of others, Dr. Miller believes. Facing their own mortality, the chronologically gifted are determined to live with significance, passion, and purpose in the here and now, until the end of their life journey—the age of 123.

Dr. Miller, who holds a Ph.D. in clinical psychology, is the author of three books, all available on Amazon.com: “The Dr. Erica Miller Story: From Trauma to Triumph.” (2009) “Don’t Tell Me I Can’t Do It – Living Audaciously in the Here and Now” (2015); and the international best-seller, “Chronologically Gifted Aging with Gusto: A Practical Guide for Healthy Living to Age 123.” (2017)

For more information about Dr. Miller and her eventful life, please visit:

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