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**FOR IMMEDIATE RELEASE**

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

Los Angeles, California – August 12, 2019. Dr. Erica Miller’s book, *Chronologically Gifted: Aging with Gusto—A Practical Guide for Healthy Living to Age 123*, achieved best-seller status on Amazon, just weeks after its debut. In this book, Dr. Miller combines engaging personal stories with vital concepts and practical recommendations for those who are interested in meaningful life extension. She calls these individuals the “chronologically gifted.”

In *Chronologically Gifted*, Dr. Miller invites people of all ages to use the information in her book as a guide for living not only long, but well, throughout their life’s journey. She believes age is just a number and that informed, mindful life choices are essential for achieving the long, healthy and fulfilled lifestyles enjoyed by the chronologically gifted. According to Dr. Miller, “It’s entirely possible to face the aging process with a healthy mixture of acceptance and enthusiasm, and this leads people to live happier, and often, longer lives.”

A lifelong world traveler and adventure-seeker, Dr Miller believes these are transformative experiences that help people learn and grow, connect with others, be in the moment and enjoy the break from daily routines. At age 85, Dr. Miller “walks the walk” of living a full and vibrant life without limits. In fact, she skydived for the first time in New Zealand and climbed to Mt. Everest’s 17,000-foot base camp in 2018. Other adventures have included riding an elephant in Thailand, power boating in the Adriatic Sea, climbing Machu Picchu, visiting the Taj Mahal to name a few.

Dr. Miller is a frequent motivational speaker, sharing her messages of optimism, vitality and longevity with audiences around the world. On November 9, 2019, Dr. Miller will be presenting her vital “how-to” tips at the Whole Life Expo in Toronto, Ontario. Audiences will feel her vibrant and energetic style as she shares experiences of her trademark brand, “Authentic Conversations of Guts, Grit and Gusto.” Event tickets can be purchased at [wholelifeexpo.ca](http://wholelifeexpo.ca).

The international best-seller, *Chronologically Gifted: Aging with Gusto—A Practical Guide for Healthy Living to Age 123* is available on [Amazon](https://www.amazon.com). 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.dricamiller.com](http://www.dricamiller.com) or follow Dr. Miller on Facebook at [facebook.com/dricamiller/](https://facebook.com/dricamiller/), Twitter at [@ericamillerPhD](https://twitter.com/ericamillerPhD) and [Instagram](https://www.instagram.com/dricamiller/) at [instagram.com/dricamiller/](https://www.instagram.com/dricamiller/).