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LIVING THE GOOD LIFE: YOUR GUIDE TO HEALTH AND SUCCESS



Paperback Book Condition: New. Ships From Canada. About the Author David Patchell-Evans is the founder and CEO of GoodLife Fitness Clubs, Canada's largest and fastest-growing fitness empire. Patchell-Evans, or ""Patch, "" as everyone calls him, is a five-time Canadian rowing champion and an active rower, runner, and skier today. Two weeks into his first year in university he was involved in a serious motorcycle accident. A lengthy and arduous period of rehabilitation at a sports clinic sparked his interest in...

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