

What your neighbors have been saying about *Walk Yourself Fit*:

I just finished your "Walk Yourself Fit" book. I loved it! Very motivating. Loved your sense of humor. Your personal signature was a very nice touch. It made me feel like you really care.

- S. P., Quartz Hill, CA

I read your book over and over again for inspiration. I just want to personally thank you for helping me to change my life, your book gave me the encouragement I needed.

- B. K., Bensalem, PA

Dear David:

First off I would like to thank you for helping me save my life. I am indeed grateful.

A book written like yours on any subject is hard to find these days. I have read it twice and I know I will read it again, especially if or when I need a morale boost along the way.

- D. J., Rolling Hills, CA

Finally -- a program that is:

- Simple!
- works!
- Quiet!
- 100% "good vibes"!

Thank you for doing the work you do!

- M. W., Cleveland, OH

Thanks so much for the enthusiastic informative book and the classy shirt.

- M. L., Chicago, IL

DAVE -

YOUR BOOK IS WONDERFUL!

- K. C., Westley, CA

"This is by far one of the most inspiring books on walking we've offered. Guaranteed to motivate anyone who picks it up!"

- Sharon Faelten

Editorial Director, Prevention Book Club®

I wanted to personally thank you for sending me your book! To say it has changed my way of life would definitely be an understatement.

I cannot thank you enough for your insight on a problem which I had begun to consider "unsolvable."

- A. A. S., Corsicana, TX

I have read your book everyday for 1 year and a half. I especially want to thank you for changing my life.

- K. B., Tuscaloosa, AL

And with your up-beat style, Dave, the book is so easy to read. I don't hesitate to pass it around. It's not like, "Well, struggle through this because it's got a lot of good information." So, congratulations on a great book.

- S. B., Santa Barbara, CA

First of all - God Bless you! I stumbled across your book a short time a few months ago and it has helped me save my life. Your book is absolutely outstanding!

- D. A., Santa Paula, CA

I loved reading *Walk Yourself Fit*, because it was easy and quick to read, and full of humor and philosophical insights -

- N. S. H., Aurora, IL

Your book makes absolutely the most sense in the world. I have just purchased my sixth copy to give a friend in need. I love your style... and to do my friends!

- L. W., Brights Grove, Ont