

The Power-Based Life

✖ Mike Flynt | Thomas Nelson

Mike Flynt, who chronicled his return to college football at age 59 in *The Senior*, goes into further detail about the fitness and

spiritual philosophies that give him strength in *The Power-Based Life*:

Realize Your Life's Goals and Dreams by Strengthening Your Body, Mind, and Spirit.

The book uses sports, business and Christian parallels to encourage readers to maximize their potential for spiritual, social and career success.

Flynt writes in a relatable style, frequently offering personal anecdotes to support directives for success like "Playing to Your Strengths," "Defying the Skeptics" and "Sowing in Health to Reap a Longer Life." Although much of the content will not be particularly revelatory, such as surrounding oneself with good teammates and visualizing one's goals, the author's passion will help underscore the simple message of faith-driven mental and physical health.

Designed for readers' encouragement, *The Power Based Life* will appeal to those in need of a good pep talk from someone who's lived his own inspirational adventure.

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