

# Sustainable You



## **Change the world? Change yourself? “I wish I could!”**

What if those two imposing tasks were really the same thing?

Author, speaker, and journalist Michael Prager says they are, and offers 8 practical guideposts to help show the way.

Prager has been sustaining a 155-pound loss for more than 20 years.

But his mission isn't about food. He shares about **sustainable change**.

**“My students were thoroughly engaged not only by Michael’s grasp on his topic, but by his humor and infectious enthusiasm.**

*~ Belle Liang  
Boston College*



**“Interesting, engaging, and thought-provoking. I definitely recommend him.”**

*~ Kathleen Hennrikus  
Rainbow  
Lifelong Learning  
Institute*