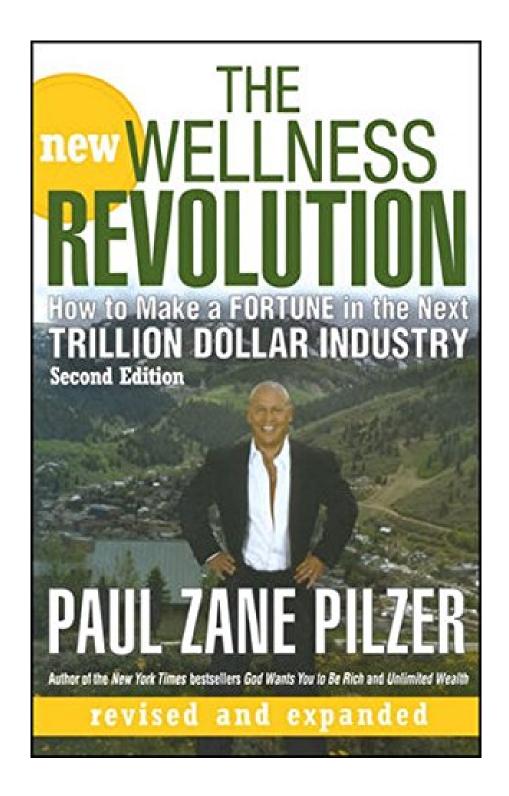


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From the Inside Flap

There's still time to get in on the ground floor and make your fortune in wellness!

Five years ago, in The Wellness Revolution, economist Paul Zane Pilzer outlined an emerging \$200 billion industry he called "wellness." Today, that industry has grown to \$500 billion, and it's just getting started, offering even greater entrepreneurial opportunities.

The Wellness Revolution was the "shot heard round the world" for the wellness industry. It defined wellness as an industry—linking tens of thousands of disparate service and product suppliers with a single cause. It showed scientists, fitness providers, businesspeople, food manufacturers, doctors, and others focused on disease prevention and anti-aging that they were part of a worldwide revolution—rather than merely lone iconoclasts inside their chosen professions or industries.

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The New Wellness Revolution shows that even though millions of people have embraced wellness, the need for wellness has actually expanded due to declining health trends, particularly the rising obesity rate in the United States and other developed nations. Medical costs now exceed profits for most large employers, and

corporations are beginning to recognize that wellness and disease prevention are the only viable solutions to rising healthcare costs that threaten their very existence.

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"The Wellness Revolution reveals the most important secret for tomorrow's successful entrepreneurs: where to invest your dream. Step by step, Pilzer shows entrepreneurs how to find where they fit in the megaindustry of the future—wellness."

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Read the Preface, Introduction, and Chapter 1 at thewellnessrevolution.paulzanepilzer.com.

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0 of 0 people found the following review helpful.

Two Stars

By EddieBee

No useful content

39 of 44 people found the following review helpful.

Very Disappointed!!

By azmissdaisy

What A Disappointment!

I picked up this book looking for the opportunities ahead in the wellness industry, and frankly didn't find any, except for what the author is selling- Wellness Insurance. He promotes it in every chapter and then refers the reader to his website. It gets old. Is it a MLM? It sure feels like a high pressure pitch. Just when you think you're about to get a good tip on a new business opportunity, it's his insurance again.

I'm already sold on the wellness aspect of living and already am a client of alternative practitioners. So other than an economic lesson about how we got to this point, there's not much else except how other people have made it big in the beginning of this trend. He promotes the story of Silk soy milk, which I have since been told not to drink because of soy's dubious qualities, Boca Burger as well as other vegetarian food producers, and mostly other doctors that have since turned to the wellness side of the health care business, like Dr. Mercola and his website, which I value as a source for up to the date wellness information.

Like another reviewer, I find Pilzer's knowledge to be dated in the area of holistic health.

So where are the NEW opportunities? He seems to outline only the old ones, except his wellness insurance of course. This book might have been enlightening when it first came out in 2002, but I think it's old news now in 2008. Even then, I don't see a great deal of opportunities being proposed. The only "revised and expanded" areas of the book are him taking the opportunity to sell his own products to the reader.

I give it 2 stars for explaining the history of where we are today. If you are looking for the future opportunities in the wellness industry- it's not here.

38 of 43 people found the following review helpful.

Have You Revolutionized Your Health Today?

By John Hinds

According to Paul Zane Pilzer, the next new Trillion Dollar Trend is Health and Wellness. Paul does a brilliant job explaining what this phenomenon is and more importantly "Why" it is taking place. At the time this book came out, health and wellness was already a \$200 billion dollar industry. It's now more than double that!

Paul talks about the opportunities that are available for entrepreneurs, investors and distributors. After each chapter, he has a list of insightful, thought-provoking questions that you should ask yourself before pursuing any opportunity in this industry.

What I didn't expect from this book is that it actually gave some sound health advice too!

For example, on Page 64 he states that as a preventative measure, drinking 5 glasses of water each day decreases the risk of colon cancer by 45 percent, the risk of breast cancer by 79 percent, and the risk of bladder cancer by 50 percent! Now, I drink that much if not more, but I had no idea how beneficial drinking water (assuming it's filtered and/or purified) can be!

In another example he talks about it the danger of drinking cow's milk on Page 81. Did you know that the difference between "low-fat or 2% milk" verses regular whole milk is only 1%?!! Whole milk contains 3% fat by weight. I had no clue.

He also states that contrary to popular opinion, drinking milk actually CAUSES osteoporosis as well as allergies, gas, constipation, obesity, cancer, heart disease and a host of other infectious diseases. Even better, he talks about a much healthier alternative to cow's milk.

Anyone who is passionate about health and wellness and who has a desire to build wealth would greatly benefit from reading this book. It was such an easy-to-read, informative and inspirational book, that I finished reading it in 2 days! It validated the decision that I had already made to pursue opportunities in health and wellness.

Now, I don't normally give a lot of 5 star ratings, but Paul Zane Pilzer truly earned it with this book! See all 55 customer reviews...

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