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FOR IMMEDIATE RELEASE

The Aging Myth Reaches #2 on The New York Times Bestseller List

*The revolutionary new book on aging also hits The Wall Street Journal
and USA Today lists*

July 25, 2011, Austin TX – *The Aging Myth: Unlocking the Mysteries of Looking and Feeling Young* by Joseph Chang, Ph.D. ranked second on *The New York Times* advice & miscellaneous list, sixth on *The Wall Street Journal* nonfiction list and sixty-fourth on *USA Today*'s comprehensive list of bestsellers.

A groundbreaking new resource, *The Aging Myth* reveals the reasons why some people look and feel much younger (or older) than their actual age and provides methods everyone can use to positively impact how they age. Filled with easy-to-follow steps and life-changing advice, *The Aging Myth* debunks previously long-held beliefs about age and shares the blueprint for living younger, longer.

Dr. Chang attended Portsmouth University in England and earned his doctorate in Pharmacology at the University of London. He completed his post-doctoral fellowship at The Johns Hopkins University School of Hygiene and Public Health.

Published by Aylesbury Publishing and distributed by Greenleaf Book Group, *The Aging Myth* is Greenleaf's thirteenth book to hit bestseller status on lists including *The Wall Street Journal*, *New York Times* and *USA Today*.

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About Greenleaf Book Group:

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For more information or to schedule an interview with Chairman and CEO Clint Greenleaf, contact Andrea Newsome at andrea@greenleafbookgroup.com or 512-891-6100.