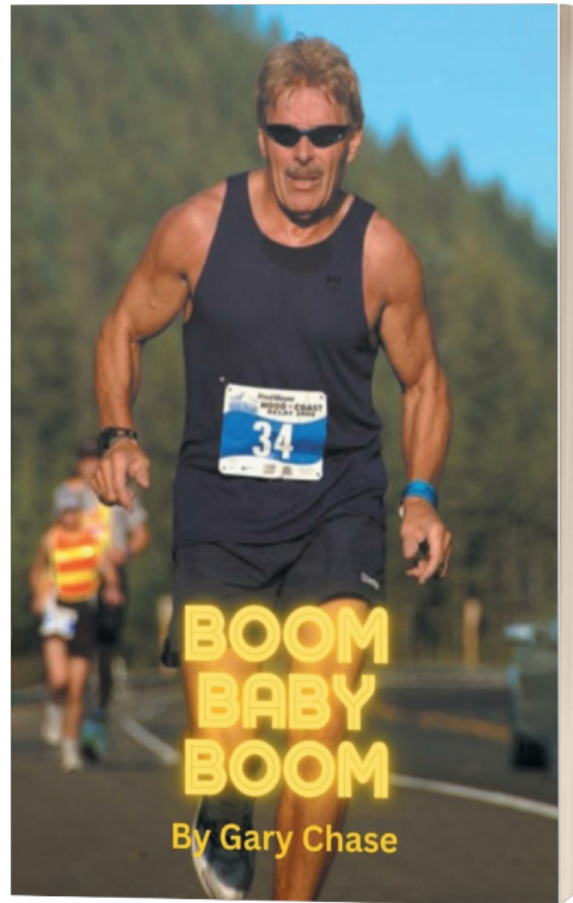


“Boom, Baby, Boom” Earns Recommended Status from the US Review of Books

Gary L. Chase inspires baby boomers to embrace health, vitality, and purpose with humor, research, and practical guidance



Los Angeles, California Nov 12, 2025 ([Issuewire.com](https://www.Issuewire.com)) - The US Review of Books has recognized “[Boom, Baby, Boom!](#)” by Gary L. Chase as a *RECOMMENDED* title, praising its fresh, humorous, and highly practical approach to helping baby boomers redefine aging.

Drawing inspiration from Seth Godin’s “Purple Cow” concept, Chase encourages seniors to stand out by embracing vibrant, healthy lifestyles that defy stereotypes. “*Boom, Baby, Boom!*” is more than a health book—it is a manifesto for living an extraordinary second chapter filled with creativity, vitality, and purpose. With humor, catchy chapter titles, and memorable quotes, Chase ensures the journey to better living is as enjoyable as it is transformative.

The US Review of Books commends Chase’s ability to go beyond typical wellness advice, noting that the book “delivers a specially curated narrative that uses a trifecta of personal examples,

comprehensive research, and intriguing case studies to highlight a pathway to living healthily in one's golden years." The review further praises Chase's conversational tone and balanced perspective, emphasizing that his work instills motivation while avoiding the pitfalls of unrealistic expectations.

Gary L. Chase brings to the book decades of personal commitment to fitness, creativity, and professional discipline. Now in his eighties, he continues to live out the principles he shares, proving that age is no barrier to energy, health, and fulfillment.

"Boom, Baby, Boom!" stands as a powerful reminder that retirement is not the end, but an opportunity to thrive as a "Purple Cow" in life's herd—unique, remarkable, and unforgettable.

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