

Client Testimonials

“The Midlife Male is the ultimate guide to getting better as you get older. Greg truly lives his message. If you feel like you aren’t living your best life (or maybe even if you do), this book is a game-changer.”

Rich Kleinman, Partner And Co-founder, Thirty-Five Ventures

“The Midlife Male is a no-BS guide to flipping the script on the midlife crisis. Greg accepts no excuses for not living your best life and neither should you.”

Bobby Maximus, Men’s Health’s #1 Personal Trainer & author, *Maximus Body*

“The Midlife Male is all about being a better father, athlete, husband, and overall person—with no excuses. Greg’s story is inspirational, and this book provides the tools to become the man you want to be.”

Robert Tuchman, Host, Entrepreneur Magazine’s *How Success Happens* podcast

“The Midlife Male is so needed in the world of man. The depth of the words and the rawness of the message are the perfect ingredients to guide any man back to the essence of himself. Greg is such a stud.”

Garrain Jones, Bestselling Author, *Change Your Mindset, Change Your Life*

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“Greg has tapped into the quintessential question inherent in the mid-life crisis: How do I transition into the second half of my life with more purpose, more discipline, more happiness, and more significance? Through the insights of his guests on the podcast (and some humorous stories of his own), Greg shares how we can all be more intentional during this critical moment of reflection mid-way through life.”

Joel “Thor” Neeb, Vice President, Execution & Transformation, VMware and Former CEO, Afterburner Inc.

“It’s never too late to change your life. In *The Midlife Male*, Greg reveals the secrets to creating a lifestyle that reclaims your masculinity, your health, and your confidence.”

Seamus Mullen, Award-Winning Chef & Author, *Real Food Heals* and *Hero Food*

“Navigating midlife can be exceedingly difficult. For many, we have developed habits and patterns that block us from becoming any-thing more than who we are. If life has become boring and you are finding it difficult to make changes, *The Midlife Male* is for you.”

Garth Davis, MD, Bestselling Author, *Proteinaholic*, Renowned Weight-Loss Specialist, and Surgeon