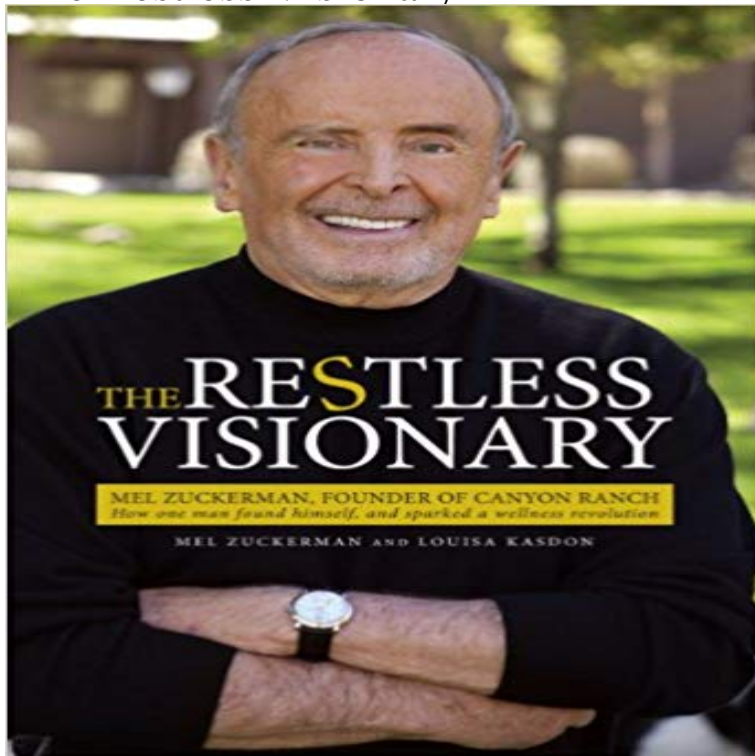


## The Restless Visionary



Mel Zuckerman, Founder of Canyon Ranch. How one man found himself, and with the love and support of his wife Enid, sparked a wellness revolution. Mel tells the Canyon Ranch story in his sensitive and very personal biographical memoir. Starting on a shoestring, in the middle of the Arizona desert in 1978, Mel and Enid Zuckerman transformed a rundown dude ranch into the international gold standard for the spa and wellness industry. They had no experience, very little cash, but they shared an unshakable faith in their vision. Today, Canyon Ranch is the model all others strive to copy. It all began with one man, 50 years old, overwrought, overweight and restless, who went to a fat farm to lose a little weight. There, he had an A-ha! moment, that transformed his life and, in the process, he launched a wellness revolution. Mel Zuckerman's personal story of the founding of Canyon Ranch will be an inspiration to all who wonder if there is still time to invent a happier, healthier life. Praise for *The Restless Visionary* I LOVE THIS BOOK!!!! What a wonderful surprise to find so many of Mel's gems in one box. He has always been an inspiration to me, and now so many others will be touched by his vision. - Joey Reiman, CEO, BrightHouse Consulting and author of *Thinking for a Living* The most striking thing is how the reader grows to understand Mel and his challenges, both in his personal life and in business. He helps us all realize that nothing that's important is easy, and that the heroes we look up to have not had an easy road. An honest, authentic, human account of a remarkable life. - Mark Liponis, M.D., Canyon Ranch Corporate Medical Director The way he describes feelings of joy, passion and love as well as how he coped with the anger, guilt, sadness, fear and shame that he felt at various junctures is very moving. The story of his love for his wife and how it evolved and deepened is wonderful. - F. Joe

DeLong III, loyal guest for 15 years A compelling story of personal transformation and remarkable achievement and success success based on inspiration, dedication, perseverance and hard work. Mel Zuckerman is indeed a visionary, and given his restless nature, I am sure he has not yet finished turning his vision into reality. - Andrew Weil, M.D.

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