



# **ABE (Always Be Engaged): "The 7 Keys to Living a Fit Urban Life"**

*Mike Dorsey*

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## **ABE (Always Be Engaged): "The 7 Keys to Living a Fit Urban Life" Mike Dorsey**

“ABE” (Always Be Engaged): The 7 Keys To Living A Fit Urban Life is the new hit book by author Michael (Mike) Dorsey. The purpose of “ABE” is to show the reader how they can live an optimized life through seven principles that Mike affectionately calls; “The 7 Keys To Living A Fit Urban Life”. This is what you will NOT find in this book. You will not see a bunch of hype that promises that after reading it you will make a GAZILLION dollars, be free of all sicknesses, or any other type of foolishness. What you WILL find in “ABE” is a straight forward and insightful guide on how to live fully to get the most out life vs. traveling through Life on autopilot. The great thing about “The 7 Keys” that author Mike Dorsey discusses is that they are simple principles that anyone can incorporate. As a matter of fact, there is a chance that you have done these before and/or currently doing them in your life now. The magic happens when the principles are introduced and applied together in deliberate concert with each other. “The 7 Keys To Living A Fit Urban Life” are principles that Mike has been conceptualizing, developing, and refining for over ten years. Mike provides candid examples from his life that show what “The 7 Keys To Living A Fit Urban Life” look like in action! Are you ready to get the most out of life? Are you ready to stop being a spectator in life and become a fully engaged player? If so, “ABE” (Always Be Engaged): The 7 Keys To Living A Fit Urban Life is the book you have been waiting for. We encourage you to pick up your copy today to start getting the most out of the Life you’ve been blessed with!

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