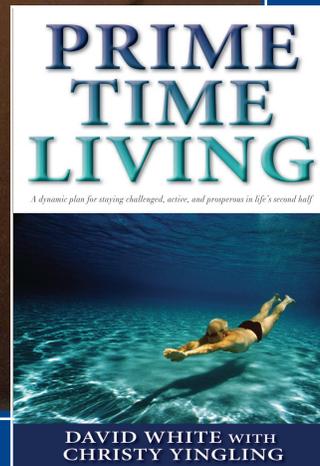
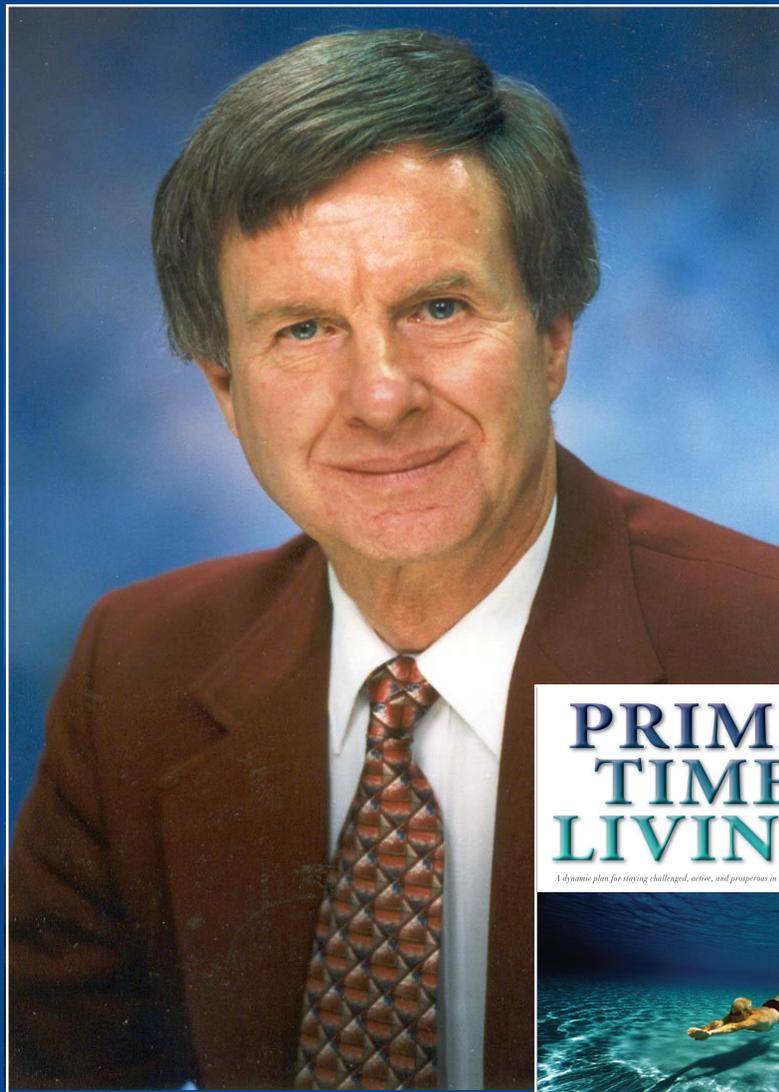
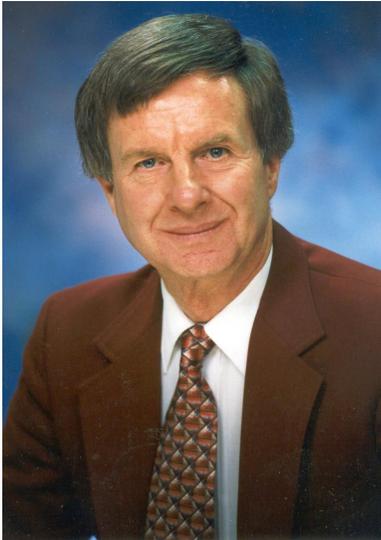


# Meet David White



# Author Biography

## David White



“Prime-time living is not about gearing down for retirement. It’s about gearing up for what has the potential to be the most exciting period of your life,” says David White, author of the newly released book *Prime Time Living*.

David White has been a pastor and hospital chaplain, as well as a hospital administrator. He has a master’s degree and doctorate of ministry from Andrews University, as well as a bachelor’s degree in business administration from Columbia Union College. He is currently the coordinator for health certification for Health Ministries at the North American Division.

He is married to Mary-Alice and has three boys.

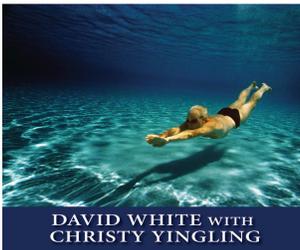
# Book Synopsis

## ***Prime Time Living* by David White**

Available in stores beginning April 2005.

### PRIME TIME LIVING

A dynamic plan for staying challenged, active, and prosperous in life's second half



**Why read a book about aging? Perhaps you think are too young to think about *that*. Maybe you are in denial and are thinking to yourself ‘I’m not getting old.’ Or you might be thinking it won’t do any good, it is already too late.**

Studies have shown we are living longer, retiring earlier, and wanting more out of our retirement years. In his timely book, *Prime Time Living*, author David White wipes away the stereotypical image of older people who are feeble, frail, unhealthy, lonely and depressed. Tackling the myths associated with aging, White provides a comprehensive plan for getting more out of your retirement years—covering every area of life, including finances, health, fitness, spirituality, and relationships.

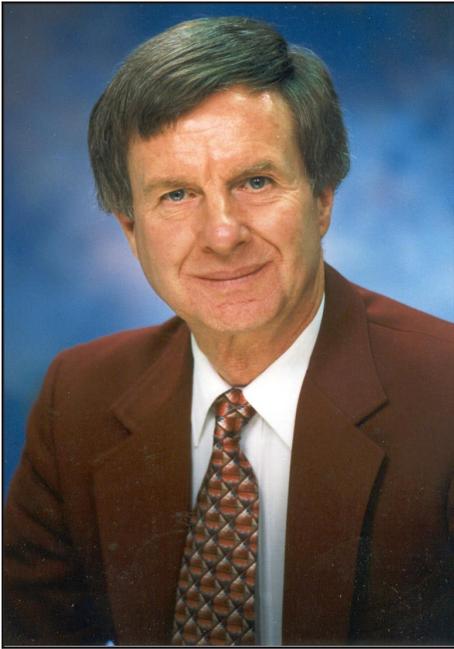
Don’t wait until retirement to plan your “best” years, start now with *Prime Time Living*.

# PRIME TIME LIVING

*A dynamic plan for staying challenged, active, and prosperous in life's second half*

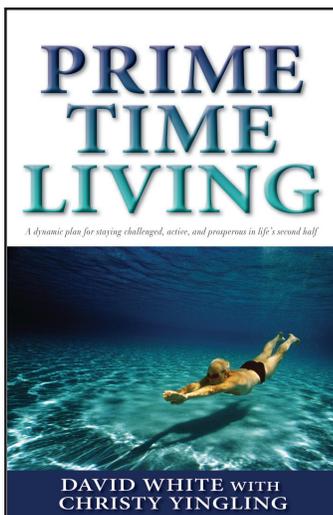


DAVID WHITE WITH  
CHRISTY YINGLING



**David White**, former pastor and hospital administrator, has a master's degree and doctorate of ministry, as well as a bachelor's degree in business administration. He is currently the coordinator for health certification for Health Ministries at the North American Division.

In this book, David White blows away the myths associated with aging and provides a comprehensive plan for getting more out of the retirement years—covering every area of life, including finances, health, fitness, spirituality, and relationships.



Invite David White on your show and he will  
**help your listeners build a comprehensive plan for getting the most out of their retirement years—financially, spiritually, and healthfully.**

There are approximately 76 million Baby Boomers (those born between 1946 and 1964), and they represent the single largest demographic group in existence today. It is this same group that is thinking hard about retirement—planning for their “golden years.” Studies have shown we are living longer, retiring earlier, and wanting more out of these years.

Author David White wipes away the stereotypical image of older people who are feeble, frail, unhealthy, lonely and depressed. Tackling the myths associated with aging, White provides a comprehensive plan for getting more out of your retirement years—covering every area of life, including finances, health, fitness, spirituality, and relationships.

If you want to help your listeners be prepared for retirement, then you want David White. **He'll share with your listeners:**

- **Important principals of physical health to keep the retirement years healthy and productive.**
- **How financial planning now can alleviate financial stress during the retirement years.**
- **Keeping spiritually, intellectually, and emotionally healthy during the retirement years.**
- **And a whole lot more...**

**Speaking Abilities:** David White is an able communicator who presents seminars all over the United States each year.

**Free Giveaway:** Three copies of *Prime Time Living* by David White to giveaway when you book him as a guest on your show.

**Availability:** Nationwide by arrangement and via telephone.

**Contact:** Nicole Batten, office (208) 465-2518, fax (208) 465-2531, cell (208) 230-0901, email [nicbat@pacificpress.com](mailto:nicbat@pacificpress.com).

# Interview Questions

## David White

- 1) Studies have shown we are living longer, retiring earlier, and wanting more out of our retirement years. How does this change the dynamics of retirement?
- 2) In the first chapter of your new book, *Prime Time Living*, you address the myths of aging. Can you share a few of those with us?
- 3) Most people have a negative association with the “golden years.” You say that isn’t true. You feel these years can be the best part of your life. Share with us how.
- 4) What is ‘Prime Time Aging?’
- 5) When do people need to start planning for retirement? 40’s? 50’s? 60’s? And if you are already retired, is it too late to do anything about it?
- 6) Share with us some of the important principles of physical health to keep people active during their retirement years. What about spiritual, emotional and intellectual health?
- 7) What about finances? We all know we need to plan for our financial future?