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Reversing the Downward Spiral of Aging

Choosing the Strong Path: Reversing the Downward Spiral of Aging (Lyceum 2019)

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Fred is a West Point graduate, was a U.S. Army troop commander, and a U.S. Army Ranger. He was first in his class in law school and has the top academic record in the 120-year history of the University of Illinois College of Law. In addition, Fred has been considered one of the best trial lawyers in the United States and is the only trial lawyer to be selected by two U.S. Presidents of different parties to represent them in their most important courtroom matters.

Aside from Fred's impressive career achievements in the Army and as a lawyer, he has a new passion: spreading the message that people can live a much longer, happier, healthier, more fulfilling life if they commit

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