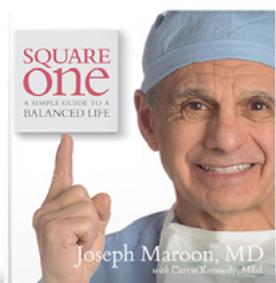


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In *Square One*, renowned neurosurgeon Dr. Joseph Maroon shares a personal and powerful story to help others achieve a healthier, more balanced life.



PITTSBURGH, PA — “Flipping hamburgers and working at gas stations are jobs I did at the age of 41, after I’d been a successful neurosurgeon for over a decade.” So begins Dr. Joseph Maroon’s extraordinary book, *Square One: A Simple Guide to a Balanced Life*. The book opens with the story of rapid personal losses for Dr. Maroon—his father, his family, and his profession—which led him to a job at a truck stop and straight into the darkness of depression. This, of course, was not how his life was supposed to turn out, and Dr. Maroon admits, “The story I’d written was nothing like what I’d vowed to write.”

Lacking hope or faith and with his health in serious jeopardy, Dr. Maroon happened to come across an old book that he’d received in high school. His rediscovery of *I Dare You*, written by William H. Danforth, the founder of the Ralston Purina Company, had such a profound and immediate impact that it propelled Dr. Maroon to reconsider the elements so critical to successful living: health, meaningful work, relationships, and spirituality. According to Danforth, if these four “sides of our squares” are straight and even, we are able to live our lives as the best versions of ourselves.

Through a combination of illuminating scientific explanations, deeply personal anecdotes, and additional fascinating stories about those he admires, Dr. Maroon offers keen insights into what it takes to find balance, and he helps his readers back to “square one” so they can lead more joyful, fulfilling, and successful lives.

The book has already garnered high praise. Dr. Sanjay Gupta, multiple Emmy-award winning medical correspondent for CNN, says, “Joe offers readers a gift we all need and crave, even when we don’t quite know how to define it—a balanced life. This book has already changed me.” And Troy Polamalu, retired All-Pro safety for the Pittsburgh Steelers, adds, “I am indebted to Dr. Maroon for his remarkable personal testimony and insight, both as a learned advocate of square living and a dynamic celebrant.”

Today, Dr. Maroon is a clinical professor and vice chairman of the Department of Neurological Surgery and Heindl Scholar in Neuroscience at the University of Pittsburgh Medical Center. He has balanced his life by enjoying other challenges, including completing five Ironman World Championships in Kona, Hawaii. At the age of 74, he served as the physician for a team of amputees as they ascended Mount Kilimanjaro—the tallest, freestanding mountain in the world—and Dr. Maroon climbed with his daughter by his side. Dr. Maroon collaborated on *Square One* with writer and educator Carrie Kennedy, and they worked closely with the American Youth Foundation, founded by William Danforth, to explain the physical and emotional benefits of four-square living for readers of all ages.

In his introduction, Dr. Maroon writes, “The point of this book is to show how a life radically out of balance can be reshaped using the simple concept of a square, which leads to better health, a deeper sense of awe, more meaningful work, and more joyful relationships. Simply put, it’s time to square up your life.”

To learn more about Dr. Maroon and why he decided to write *Square One*, [Click Here](#).

[CLICK HERE FOR FREE DOWNLOAD OF THE BOOK FOR YOUR REVIEW](#) | PASSWORD “square1”

Praise for *Square One: A Simple Guide to a Balanced Life*

“Through his unflinching candor and relentless research, Joe offers readers a gift we all need and crave, even when we don’t quite know how to define it—a balanced life. This book has already changed me.”

– DR. SANJAY GUPTA

Multiple Emmy-award winning medical correspondent for CNN

“While this is the story of Dr. Joe’s journey to rebalance his life, it provides all of us with a way to visualize where we are...and if we are out of balance, offers the necessary steps to get us back to square one.”

– PATRICK MULCAHY

Chairman of the Board of Energizer Holdings

“Following William Danforth’s concept of ‘living tools,’ Dr. Maroon eloquently describes how squaring up his life helped him rise up from his lowest point and get back on a path to complete fulfillment of his body, mind, heart, and soul.”

– DR. ROBIN WEST

Chairman Inova Sports Medicine and a Team Physician for the Washington Redskins

“Follow Joe from the pit to the summit of a remarkable life and right back to square one. Thank you, Joe. We all need this book.”

– DR. W. LEE WARREN

Author of No Place to Hide: A Surgeon’s Long Journey Home from the Iraq War

“I honestly didn’t want *Square One* to end because each page resonated so deeply. Countless readers will benefit from its simple yet often-overlooked truths about what it takes to live a balanced, rich and fulfilling life.”

– MARK I. GREENE

Partner at Cravath, Swaine & Moore and leader of its international practice

“Dr. Maroon’s new book is an important roadmap for anyone who wants to get and stay healthy.”

– DR. DANIEL G. AMEN

Author of Change Your Brain, Change Your Life

“I so appreciate the vulnerability with which Joe shares his story. *Square One* is straightforward without being simplistic and is a contribution to the health and well being of people, young and old.”

– CARRIE HAYS

Principal of The Halle Group

“In *Square One*, Joe does not spare his failings. Instead, he offers up priceless insights to give the rest of us a handhold when we confront our own demons. His research, wisdom, and lessons will resonate with many readers and give them the opportunity to balance their own lives. This is a book to read and reread.”

– DR. ROBERT SPETZLER

Director of Barrow Neurological Institute, Phoenix

“I am indebted to Dr. Maroon for his remarkable personal testimony and insight, both as a learned advocate of square living and a dynamic celebrant. Thank you for being an inspirational example of right living and sharing this knowledge with the world.”

– TROY POLAMALU

Retired from the Pittsburgh Steelers

“Dr. Joe’s explorations into the formula for a balanced life go a long way toward empowering readers to be the best versions of themselves. This well-researched and highly readable guide to permanently changing your life is essential for anyone at any stage.”

– GREG NORMAN

Chairman and CEO of Great White Shark Enterprises and inductee into the World Golf Hall of Fame