



LIFE AND SOUL

How to Live a Long and Healthy Life

William Roache

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William Roache is known worldwide for his role as Ken Barlow in *Coronation Street*. Now aged 85, he still appears regularly in the TV drama, and rebuffs any notion that age brings decline. So how does he manage to keep so fit and healthy? What are the secrets of his youthful looks? And how does he cope when faced with life's most challenging times?

In **LIFE AND SOUL** William Roache talks openly and honestly about the life choices that are the basis of his well-being. From the meditation techniques that have kept him going through the darkest days, to understanding the power of love, kindness and positive thinking, he shares what he has learnt throughout his journey. He speaks about how his lifestyle gave him the strength to live through recent events including the deaths of his wife, Sara, and close friend, Anne Kirkbride, who played his on-screen wife Deirdre for 35 years, and a harrowing court case.

In the book Roache reveals the commonsense approach to diet and exercise that keeps him fit and healthy, and looking 10 years younger than his age. He attends a weekly keep-fit class, and recently took up golf again, and believes this outlook is pivotal to his good health. It has also helped him overcome Type 2 diabetes, diagnosed 5 years ago.

Roache talks about his gratitude for the support of his family and friends, and explains why he believes we must accept and embrace hard times, and how we can become stronger as a result. He promotes the power of laughter as a great healer, and recommends blocking negative thoughts, and avoiding negative situations wherever possible.

In **LIFE AND SOUL** William Roache shares his personal philosophy for living a rich and rewarding life, giving an honest and moving account of his greatest challenges, and the lessons he has learnt along the way, lessons he hopes will help others to achieve a long, happy and healthy life.

About the Author: *William Roache is a television icon. Awarded a Lifetime Achievement Award at the British Television Soap Awards in 2000, he is the holder of a Guinness World Record for the world's longest-serving soap actor, having debuted as Ken Barlow in episode 1, in 1960. He was awarded the MBE in 2001 for services to television drama and acting.*



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