

## **Short Biography - James P. Owen**

After a successful 35-year Wall Street career, James P. Owen found new purpose in being an author, inspirational speaker, and social entrepreneur. His book, *Cowboy Ethics*, a best-seller with more than 150,000 copies in circulation, and two follow-up volumes, *Cowboy Values* and *The Try*, shine a light on the importance of shared values and personal character in our society.

Now Jim is propelled by a new mission: showing older adults how to get and stay in shape. His latest book, *Just Move! A New Approach to Fitness after 50* (National Geographic), was inspired by his personal journey of transformation. As a 70-year-old “couch potato,” Jim resolved to do whatever it took to become fit and ease his chronic back pain. Seven years later, he is in better shape than he was in his twenties, and has become a passionate evangelist for fitness as a way of life. In his speaking engagements, he reminds audiences that being in shape helps older adults stay mobile, active, and independent, enabling a quality of life no amount of money can buy. Jim lives in Austin, Texas, with his wife, Stanya.