

# Gary Collins Bio

## Short Bio

Gary Collins has a very interesting and unique background that includes military intelligence, Special Agent for the U.S. State Department Diplomatic Security Service, U.S. Department of Health and Human Services, and U.S. Food and Drug Administration.

Collins' background and expert knowledge brings a much-needed perspective to today's areas of simple living, health, nutrition, entrepreneurship, self-help and being more self-reliant. He holds an AS degree in Exercise Science, BS in Criminal Justice, and MS in Forensic Science.

In addition to being a best-selling author, he has taught at the University College level, consulted and trained college level athletes, and been interviewed for his expertise on various subjects by CBS Sports, Coast to Coast AM, The RT Network, and FOX News to name a few.

*The Simple Life* book series (his total lifestyle reboot), blows the lid off of conventional life and wellness expectations, and is considered essential for every person seeking a simpler, and happier life.

Gary stays connected with his readers and shares additional wisdom and insights through his website [www.thesimplelifeNOW.com](http://www.thesimplelifeNOW.com) and Podcast *Your Better Life*.

## Complete Bio

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Gary was raised in the High Desert at the basin of the Sierra Nevada mountain range in a rural part of California. He now lives off-the-grid part of

the year in a remote area of NE Washington State, and spends the rest of the year exploring in his travel trailer with his trusty black lab Barney.

Gary considers himself lucky to have grown up in a small town from a very young and where he enjoyed fishing, hunting, and anything outdoors. He has been involved in organized sports, nutrition, and fitness for almost four decades. He is also an active follower and teacher of what he calls "life simplification." Gary often says:

"Today we're bombarded by too much stress, not enough time for personal fulfillment, and failing to take care of our health... there has to be a better way!"

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