

'Harder to Kill' by Scott Jagodzinski Reaches Amazon Best Seller Status, is Challenging Conventional Views on Aging

PHOENIX, AZ, UNITED STATES, July 28, 2025

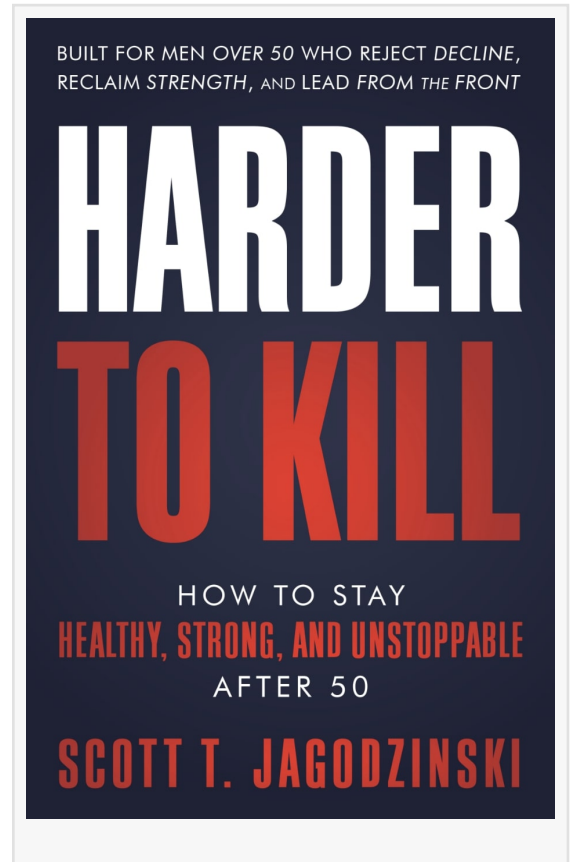
/EINPresswire.com/ -- [Harder to Kill](#), the debut book by author and performance coach [Scott Jagodzinski](#), has officially become a bestseller on Amazon, ranking among the top titles in multiple health and wellness categories. The book provides a structured alternative to the commonly accepted narrative of decline for men over 50, positioning itself as a blueprint for intentional aging and sustained vitality.

Published by Game Changer Publishing, *Harder to Kill* outlines a holistic framework for optimizing physical and mental performance later in life. The book introduces readers to the "Alpha Triad," a model built around three central pillars: the Future Self, the Alpha 5 daily disciplines (Mindset, Sleep, Nutrition, Fitness, and Hydration), and R.A.D. (Recurring Accountability Drivers).

Jagodzinski's work arrives at a time when demographic trends and public health issues are increasing awareness of men's lifestyle habits in midlife and beyond. With life expectancy rising but chronic disease levels staying high, the author offers a data-based yet approachable guide aimed at helping men sustain strength, purpose, and performance into their later years.

Drawing from both personal experience and extensive research, Jagodzinski highlights key behaviors and mindset shifts that support sustained health and leadership as men age. The Alpha 5, a central concept in the book, offers a daily routine for improving mental clarity, physical endurance, and emotional resilience. Meanwhile, the R.A.D. system encourages long-term commitment through recurring accountability checkpoints—an approach the author states is crucial for transformation.

The book emphasizes direction over drifting, energy over laziness, and ownership over passivity. Instead of promoting quick fixes or superficial strategies, it concentrates on core habits and



internal alignment. Jagodzinski, a former executive turned performance coach, provides a strategic and systems-focused perspective on the subject of aging.

In addition to its Amazon success, *Harder to Kill* is generating discussion across wellness, leadership, and men's health communities. Early reviewers have praised the book for its clear structure, direct tone, and ability to speak to an often-overlooked demographic in the personal development space.

The author's company, Argent Alpha, extends the book's philosophy through a range of coaching and accountability programs designed to support long-term transformation. More information about the book and Jagodzinski's work is available at www.argentalpha.com.

Scott T. Jagodzinski

Argent Alpha

+1 (602) 935-9264

info@argentalpha.com

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