



Body for Life Low Price CD

By Bill Phillips

HarperCollins Publishers Inc, United States, 2008. CD-Audio. Condition: New. Abridged edition.

Language: English . Brand New. Change Your Mind--Change Your Body--Change Your Life Imagine, just 12 weeks from now, having the lean, healthy body you ve always wanted and not having to turn your life upside down to get it. Imagine having the energy to be at your peak from dawn to dusk, having the confidence to do all the things you ve been putting off, having the certainty to make the right decision at the right time, and knowing that you really do have the power to change--not just your body but anything in this world you set your mind to. If this sounds unlikely, or maybe even impossible, it s time you were introduced to Bill Phillips and his Body-for-LIFE Program--it s time you join those who have experienced breakthroughs with the help of his expert advice. These people include: Hundreds of thousands of men and women who read his magazine for guidance and straightforward information about exercise, nutrition, and living with strength. Elite professional athletes--among them John Elway, Karl Malone, Mike Piazza, and Terrell Davis--who have turned to Phillips for clear-cut information to enhance their energy and...



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SIMON SCHUSTER, United States, 2010. Paperback. Book Condition: New. Reprint. 212 x 138 mm. Language: English . Brand New Book. One man. Ten extraordinary quests. Bestselling author and human guinea pig A. J. Jacobs puts his life to the test and reports...