



Mastering the Life Plan: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body

By Jeffrey S Life

SIMON SCHUSTER, United States, 2014. Paperback. Book Condition: New. Reprint. 226 x 180 mm. Language: English . Brand New Book. As both a next step and a jumpstart to Dr. Jeffrey Life s New York Times bestselling health plan for men, this is an easy-to-follow primer from an author whose message is life-changing (Suzanne Somers). In his New York Times bestseller, *The Life Plan*, Jeffrey Life combined proven science with an appealing message--it s never too late to transform your body. Today, at seventy-five years of age, with an unbelievably toned torso and biceps that even a twenty-something would envy, he s living proof that his program of exercise, nutrition, and hormone optimization has extraordinarily powerful and lasting results. In *Mastering the Life Plan*, Dr. Life distills this bestselling program into a simpler format that men of any age can customize for their individual needs. Offering new exercises in all fitness domains, meal plans and recipes that make weight loss a breeze, the latest information on hormone optimization, new success stories, and much, much more, this book is the key to achieving a happy, youthful, sexually satisfying life. And for those who already follow his regimen, Dr. Life offers groundbreaking...



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