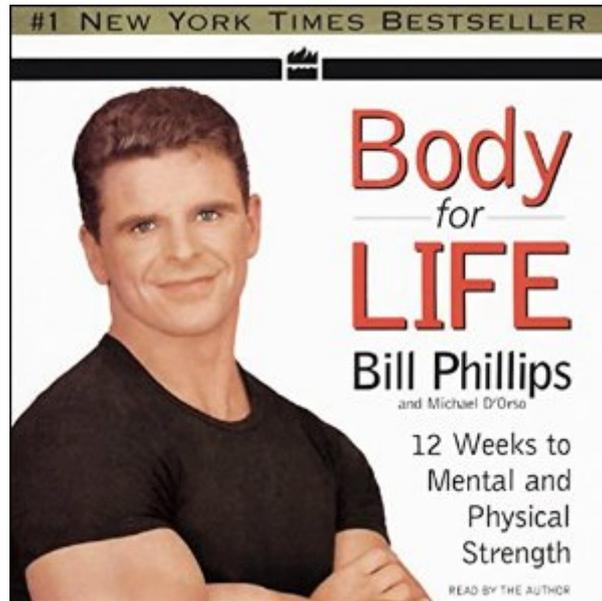


The book was found

Body For Life: 12 Weeks To Mental And Physical Strength



Synopsis

NB: UK/EIRE RIGHTS ONLY The fitness no. 1 bestseller Body for Life is a twelve week programme that promises to Change Your Mind, Change Your Body, Change Your Life. Bill Phillips' exercise and nutrition plan has been proven to produce dramatic results for tens of thousands of people, whatever their state of fitness. The programme comprises weight training, aerobic exercise, a careful diet and in addition it addresses the reader's own personal goals and encourages personal transformation mentally not just physically. The tone of the author is that of a personal trainer and motivation coach in book form. The Body for Life Programme reveals: *how to lose fat and increase your strength by exercising less, not more *how to tap into an endless source of energy with his 'Power Mindset' *how to trade hours of aerobics for minutes of weight training - with dramatic results *how to feed your muscles and starve your fat with his eating plan *how resistance training can significantly increase your metabolic rate allowing you to burn fat and change the shape of your body The principles behind the programme are simple yet powerful and they can work for you in as little as 12 weeks, transforming not only your body, but the way you live your life. --This text refers to an out of print or unavailable edition of this title.

Book Information

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Customer Reviews

"Body for Life" is an excellent book if you're a fitness beginner who's trying to figure out how to get in shape and stay in shape or, perhaps, someone who's been working out and/or dieting for a while and doesn't seem to be making much headway towards losing weight and getting in shape. Phillips does a good job of explaining the basic building blocks of fitness and of debunking a lot of the more

prevalent fitness myths. He covers the proper way to exercise, both aerobics and weight training, proper diet, not some fad diet but rather how to eat real food in a healthy way, and how to motivate yourself and keep yourself motivated to stick to your goals. There are a few caveats, however. This is a very basic book. Don't think you're going to read this book and then know everything you need to know about fitness. It gives you a good foundation to build on but it doesn't go much beyond that. In my opinion that's a good thing given the book's target audience of fitness beginners. It gives you enough information to get started but it doesn't overwhelm you with data. Be aware that once you get into the program and have a better feel for your specific needs, you may find yourself seeking other books for more information but with the information you get from "Body for Life", you'll be able to make better selections of what type of books to look for. If you're already in good shape, chances are you already know everything that's in this book and if there is something you don't know, it won't be worth the price to find out. Phillips owns a company which manufactures nutritional supplements. Not surprisingly he pushes the use of supplements in this book. There's nothing wrong with using supplements but they're expensive and not really necessary.

This is NOT a "quick-fix" program, it is meant to be a new way of life. If you do not have the motivation or the willpower, it won't work. But for me, it has made me a new person. I have so much more confidence in myself and am so proud of myself that I have the discipline to do this and I am seeing such fantastic results. I have gone from 22% body fat to 16% in 5 weeks. My cellulite on my legs is GONE. It is also not a "low-carb" diet. You get plenty of food, and yes, the supplements are expensive, but you don't have to use them. I usually choose to because I don't want to fix 6 meals a day, but there are times when money is tight and I don't buy them for a while. You can also use nutritional bars for people whose work schedule makes it difficult to have a shake or a meal every time. The thing is, this is how you SHOULD eat, whether you like it or not. And I have saved money, even with the cost of the supplements, by not buying any junk food and not going out to eat as often. You can have delicious meals--it's not like you are deprived at all. Just no 2nd or 3rd helpings, which you shouldn't be eating anyway if you are trying to get into shape! It has truly changed my life as I start my 6th week on the program and I could not give this book any higher recommendation. It makes the whole thing so easy to follow the way it is explained--I call it my "bible" now! The book tells you exactly what to do and will motivate you to no end. And for the people who say the pictures are fake, they are not. I have my own "before" pictures as proof compared to what I look like now. Buy this book--if you are ready to do it, it will change your life. I cannot imagine sitting on the couch and eating a bag of potato chips ever again. I don't even have

any desire to.

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