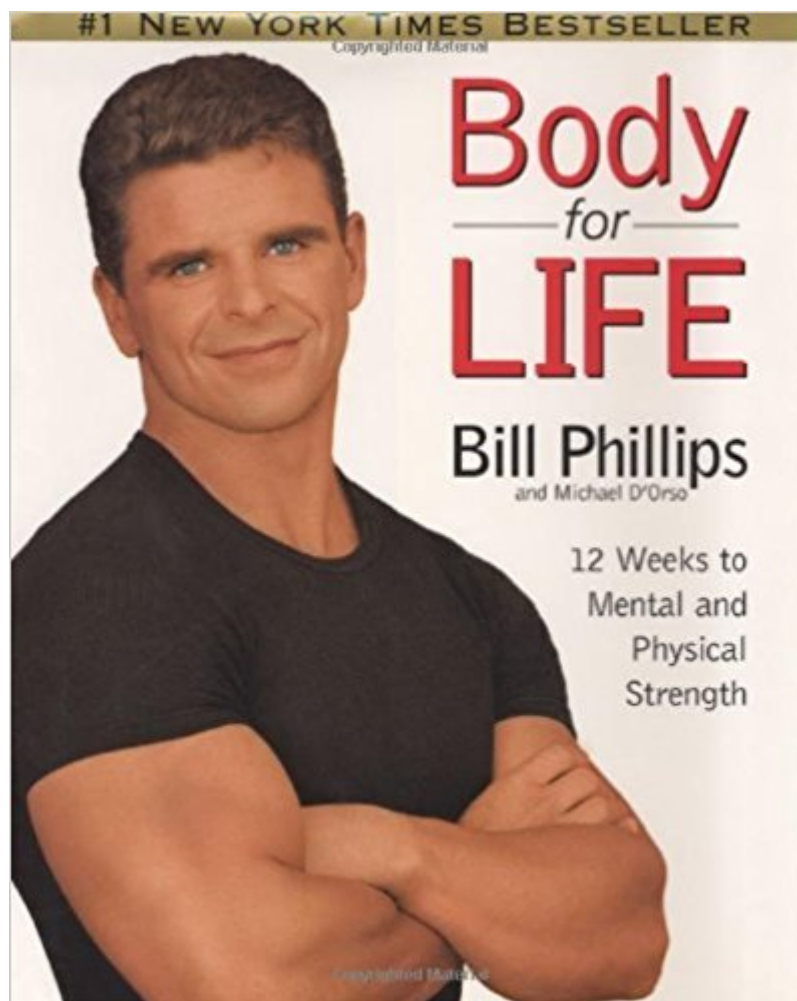




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Body For Life: 12 Weeks To Mental And Physical Strength By Bill Phillips, Michael D'Orso



Synopsis

Body for Life: 12 Weeks to Mental and Physical Strength by Bill Phillips. HarperCollins, 1999

Book Information

Hardcover

Publisher: William Morrow (June 10, 1998)

Language: English

ASIN: B004S2XHDI

Product Dimensions: 9.2 x 5.9 x 1.6 inches

Shipping Weight: 1.5 pounds

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (26 customer reviews)

Best Sellers Rank: #210,740 in Books (See Top 100 in Books) #324 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training

Customer Reviews

This book has the contents to change lives. I bought this book again because I couldn't find my first copy. I experienced the benefits of following Bill Phillips "Body for "Life" several years ago and found it worked for me. Okay, a few years have passed and as life happens, I've gotten away from exercising and put on some pounds. Out of all the "programs" I've tried over the years, I turn back to "Body for Life." I know this works and I will find success! Buy it now and do it!

This is a great program. Although it is geared toward the fitter crowd, it can be used as a starting point for beginners as well. As it was written several years ago, some information is outdated. You don't really need the book, you can get all the information you need from bodyforlife.com, but the information in the book helps if you want to try to win the competition.

I started to change the way I eat to the way it reads in the book three weeks ago and I have lost 12lbs. I had an accident while working out a few days ago and hurt my knee. Since then, I gained 2lbs back. I just started my fourth week.

Only plan that ever worked for me. Bill Phillips very effectively communicates a clear and concise workout and eating plan.

This book will change your life, it did for my wife and I. Everyone should read this book.

Put in the work, you will see the results.

Very good book. You have to actually do what most people don't and do the work to see results. But it most definitely is a good book and it works!

Although written several years ago, its timeless wisdom is invaluable! Truly one of the best books written on the subject.

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