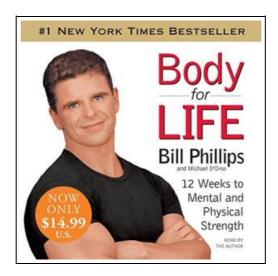
Body for Life Low Price CD



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Reviews

Very useful to any or all group of men and women. I am quite late in start reading this one, but better then never. You are going to like just how the blogger publish this book.

(Kristian Nader)

BODY FOR LIFE LOW PRICE CD



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 performance. People once plagued by obesity, alcoholism, and life-threatening ailments who accepted a personal challenge from Phillips and, with his help, have now regained control of their bodies and lives. The principles of the Body-for-LIFE Program are surprisingly simple but remarkably powerful. Allow yourself to experience the force of the information on this audio--allow yourself to take your mind, your body, your life to a higher point than you may have ever dreamed you could. All in as little as 12 weeks.



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