

"A TRUE EXPERT." —Bill Phillips, #1 *New York Times* bestselling author of *Body-for-LIFE* and founder of Transformation.com

THEN
Age 57



The

LIFE PLAN

How Any Man Can
Achieve Lasting Health,
Great Sex, and a Stronger,
Leaner Body

JEFFRY S. LIFE, M.D., Ph.D.

NOW
Age 72



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The Life Plan: How Any Man Can Achieve Lasting Health, Great Sex, and a Stronger, Leaner Body, Jeffrey S. Life, Simon and Schuster, 2011, 1439194602, 9781439194607, 352 pages. This guy is for real! And he knows that it's never too late to transform your body. It's very likely that you have seen Dr. Jeffrey Life before. And if you have, you might have thought, How can this seventy-two-year-old doctor have the body of a thirty-year-old? But his photos are very real, and you can look just as good as he does when you take control of your health. Back in 1998, Dr. Life was sixty years old and a stereotype of the aging man: he was overweight with a noticeable gut and little muscle tone. Even though his own medical practice was thriving, and he thought he knew everything about men's health, the facts proved differently. His libido was low, which was ruining his self-esteem. He felt tired all the time, yet no amount of sleep made him feel well rested. It wasn't until a cardiologist read him the riot act that he even considered that change was possible. He then decided to make critical adjustments to his diet and lifestyle, and the results have been nothing short of astounding. More than a decade later, Dr. Life continues to look and feel younger than ever. He knows that if he can make these changes to his body, his sex life, and his health, any man can. In this revolutionary book, he'll show how you can turn around your health by using the very same program he successfully created and follows to this day. The Life Plan introduces a healthy aging lifestyle that any man can master, no matter what shape he may be in. It offers:

- An action-packed exercise program designed to make working out entertaining as well as improve heart health and increase muscle mass. His program taps into various disciplines—cardio workouts, resistance training, balance and core conditioning, martial arts, and Pilates.
- An easy diet, featuring delicious choices, that any man can follow, along with rules for eating out and sample recipes for the single or married guy.
- A simple nutrient supplement regimen highlighting the top supplements men may need to halt, and even reverse, the aging process.
- A prudent guide to male hormone replacement therapies based on the most up-to-date research.
- Lessons on how to get your doctor to provide the care you deserve.
- How to sidestep America's disease-based approach to medicine and fuel optimal health.
- And much more.

By following this program you can once again enjoy an active, clear-headed, sexually satisfying, vigorous, and health-filled life, while avoiding late-onset diabetes, heart disease, and other common illnesses and complaints of aging. For men seeking to make over their bodies and turn back the clock, The Life Plan delivers the keys to a fitter body, a stronger immune system, and a richer, fuller life..

DOWNLOAD <http://bit.ly/l2j1Nq>

Men's fitness magazine's complete guide to health and well-being , Kevin Cobb, Jun 1, 1996, Health & Fitness, 385 pages. Covers male physiology, physicals, stress, body image, nutrition, fitness, sexuality, and middle age.

Super life, super health , Frank W. Cawood and Associates, 2004, , 379 pages. .

Mastering the Life Plan The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body, Jeffrey S. Life, Mar 19, 2013, Health & Fitness, 304 pages. A companion to the best-selling The Life Plan distills the author's fitness program into a simple, customizable format that incorporates additional exercises, new meal plans

From Boys to Men A Woman's Guide to the Health of Husbands, Partners, Sons, Fathers, and Brothers, Emily Senay, Rob Waters, 2004, Health & Fitness, 628 pages. A guide for women on male health addresses such topics as the biological needs of growing boys, the major causes of disease, preventative care, the impact of emotional

This Is Not Your Father's Body Fitness, Health and Nutrition for Middle-Aged Men, James Judd, 2002, Health & Fitness, 190 pages. This book discusses the reconstruction, care and maintenance of the body, mind and soul of the middle-aged, North American male species..

Men's health handbook practical advice on exercise, sex, nutrition, stress control, disease prevention, age reversal and more, Men's Health Magazine Editors, 1994, Health & Fitness, 334 pages. .

How to Plan Your Life , Jim Davidson, 1999, Nature, 224 pages. "This unique book carries a fascinating message, making it both enjoyable and digestible. It is a Do-How book and is invaluable in helping people plan their lives. Everyone can

How men can live as long as women seven steps to a longer and better life, Ken Goldberg, Feb 1, 1994, , 241 pages. Tells how to take charge of one's health, select a doctor, understand medical tests and exams, improve one's diet, and avoid the most common causes of death.

Why Men Die First How to Lengthen Your Lifespan, Marianne J. Legato, M.D., FACP, May 27, 2008, Social Science, 272 pages. It is a universal fact that men die before women. But the causes of this have long remained unexplored. In this trailblazing book, Dr. Marianne Legato--an expert in gender

The Complete Book of Pilates for Men The Lifetime Plan for Strength, Power & Peak Performance, Daniel Lyon, Sep 27, 2005, Health & Fitness, 352 pages. Outlines specific techniques for improving strength, flexibility, balance, and posture, sharing comprehensive coverage of forty traditional and more than sixty supplemental

Pilates on the Go , Margot Campbell, Jan 19, 2012, Health & Fitness, 192 pages. At her Pilates on the go... studio in London, Margot Campbell has designed a unique programme to help her clients to achieve their body shape and weight-loss goals. Combining

101 Ways to Work Out with Weights Effective Exercises to Sculpt Your Body and Burn Fat!, Cindy Whitmarsh, 2006, Health & Fitness, 192 pages. "Cindy Whitmarsh shows you step-by-step 101 exercises with weights for your upper and lower body"--P. [4] of cover..

The Harvard Medical School Guide to Men's Health Lessons from the Harvard Men's Health Studies, Harvey B. Simon, Feb 3, 2004, Health & Fitness, 496 pages. A practical guide to male health issues, presented in an accessible format, provides coverage of specific conditions and outlines a four-part program for health maintenance

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<http://eduln.org/12146.pdf>
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