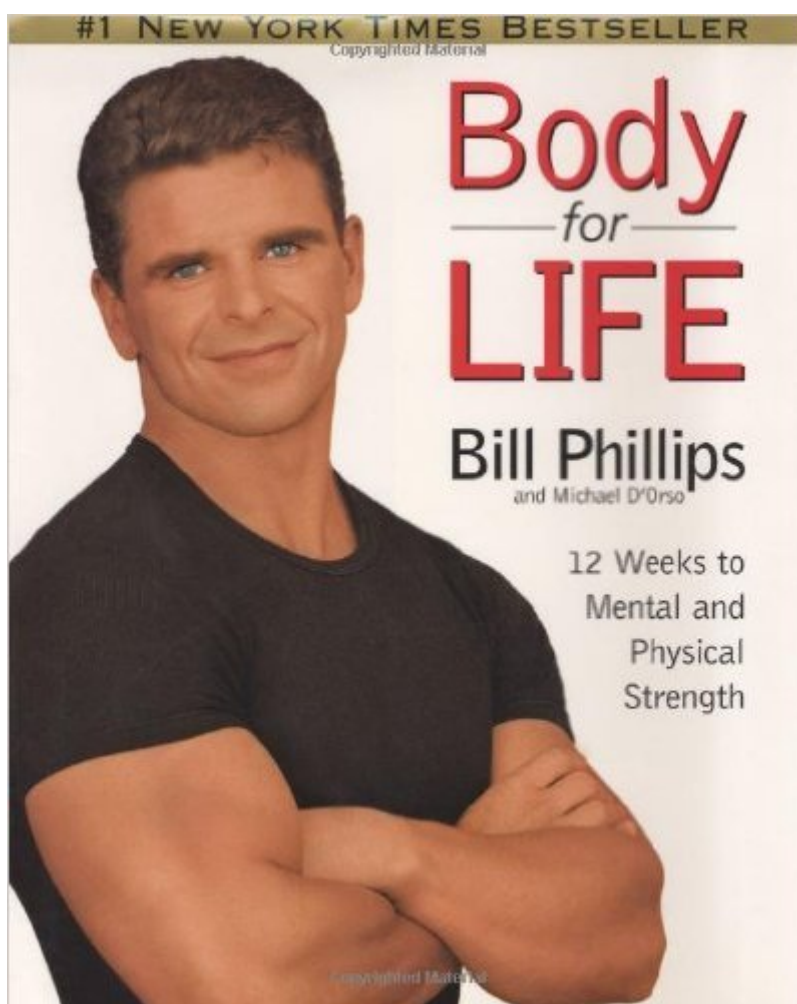


The book was found

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 stars [See all reviews](#) (26 customer reviews)

Best Sellers Rank: #210,740 in Books (See Top 100 in Books) #324 in [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 As it was written several years ago, some information is outdated.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.

[Download to continue reading...](#)

Body for Life: 12 Weeks to Mental and Physical Strength By Bill Phillips, Michael D'Orso Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Michael English 3D Eye: The Posters, prints and paintings of Michael English, 1966-1979 Michael Gresham: The Lawyer (Michael Gresham Series Book 1) Michael Gresham: Carlos the Ant (Michael Gresham Series) I, Michael Bennett (Michael Bennett, Book 5) Bill the Vampire, Scary Dead Things, The Mourning Woods, and Holier Than Thou: The Tome of Bill Series: Books 1-4 Bill The Vampire (The Tome of Bill Book 1) ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) 4 Weeks of Fabulous Paleolithic Breakfasts (4 Weeks of Fabulous Paleo Recipes Book 1) THE LUPUS SCANDAL!! HOW A HORRIFYING DISEASE CAN BE EASILY CURED IN 7 WEEKS WEEKS WITH HIGH DOSES OF VITAMIN D3 Leibel and Phillips Textbook of Radiation Oncology: Expert Consult - Online and Print, 3e The Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (The New Harbinger Whole-Body Healing

Series) Body by Science: A Research Based Program for Strength Training, Body building, and
Complete Fitness in 12 Minutes a Week Leibel and Phillips Textbook of Radiation Oncology: Expert
Consult

[Dmca](#)