



Body for Life: 12 Weeks to Mental and Physical Strength

Bill Phillips, Michael D'Orso

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Mention the name Bill Phillips to any of the people he's helped transform and you will see their faces light up with appreciation and respect. 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 Bill Phillips and, with his help, have regained control of their bodies and their lives. When *you* begin to apply the information in this book, you will be *proving* to *yourself* that astounding changes are within your grasp too. And, you will discover **Body-for-LIFE** is much more than a book about physical fitness ?t's a *gateway* to a new and better life, a life of rewarding and fulfilling moments, perhaps more spectacular than you've ever dared to dream before. Within 12 weeks, you too are going to know ?ot *believe*, but *know* : *that* the transformation you've created with your body is merely an example of the power you have to transform *everything else in your world*. In language that is vivid and down-to-earth, Bill Phillips guides you, step by step, through the integrated **Body-for-LIFE** Program, which reveals:
 - How to lose fat and increase your strength by exercising less, not more;
 - How to tap into an endless source of energy by living with the Power Mindset™;
 - How to create more time for everything meaningful in your life;
 - How to trade hours of aerobics for minutes of weight training with dramatic results;
 - How to make continual progress by using the High-Point Technique™;
 - How to feed your muscles while starving fat with the **Nutrition-for-LIFE** Method™;
 - How thousands of ordinary people have now become *extraordinary* and how you *can, too*;
 - How to gain control of your body and life, once and for all. The principles of the **Body-for-LIFE** Program are surprisingly simple but remarkably powerful. So allow yourself to experience the force of the information in this book, 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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