

[PDF] Eating For Life

Bill Phillips - pdf download free book

Books Details:

Title: Eating for Life

Author: Bill Phillips

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Pages: 224

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Description:

About the Author Bill Phillips, 38, has helped hundreds of thousands of people, from all walks of life, build leaner, stronger bodies and enjoy healthier, happier lives. His Program for renewing physical and mental strength is shared in the #1 New York Times bestselling book Body-for-LIFE. With more than four million copies sold and over four years on the bestseller list, Body-for-LIFE has become the most popular and successful book of its kind.

Phillips has received many honors for his work including the Make-A-Wish Foundation's highest award. He was also honored by Paul Newman and the late John F. Kennedy, Jr., as one of America's most generous business leaders. The United States Junior Chamber of Commerce honored Phillips in January 2000 as one of Ten Outstanding Young Americans. Bill was also chosen to help carry the Olympic torch on its relay across America for the 2002 Winter Olympics in Salt Lake City.

And now, Bill Phillips has created Eating for Life to help inspire and guide even more people to

improve their health and lift their quality of life to new heights. --This text refers to an out of print or unavailable edition of this title.

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