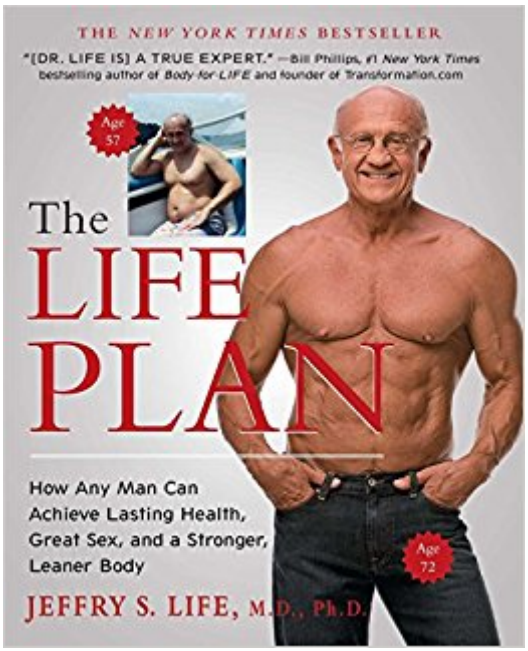
Ebook Directory
the best source of ebook

The book was found

The Life Plan: How Any Man Can Achieve Lasting Health, Great Sex, And A Stronger, Leaner Body



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

The groundbreaking, New York Times bestselling program for men, combining exercise, nutrition, vitamins, and hormones, proven to halt and even reverse the aging process.Look and feel twenty years younger with the Life Plan! 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. His low libido was ruining his self-esteem. He felt tired all the time, yet no amount of sleep made him feel well rested. It wasnÃ¢â ¬â„¢t until a cardiologist read him the riot act that he began to make the critical diet and lifestyle adjustments that led him to look and feel younger than ever. More important, he's been able to maintain his physique and his health more than fourteen years later. In this revolutionary book, Jeffry Life demonstrates how you too can 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. Any man can master The Life Plan, no matter what shape he may be in. It offers: Ã¢â ¬Â¢ A multidisciplinary exercise plan designed to improve heart health and increase muscle mass. Ã¢â ¬Â¢ A delicious, easy-to-follow diet, including rules for dining out and recipes. Ã¢â ¬Â¢ A complete guide to nutrient supplements that can help men stopÃ¢â ¬â •and possibly reverseÃ¢â ¬â •the aging process. Ã¢â ¬Â¢ An honest assessment of male hormone replacement therapies based on the most up-to-date research. Ã¢â ¬Â¢ Advice for getting the best possible care from your doctor. Ã¢â ¬Â¢ And much more! 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.

Book Information

Paperback: 352 pages

Publisher: Atria Books; Reprint edition (July 31, 2012)

Language: English

ISBN-10: 1439194599

ISBN-13: 978-1439194591

Product Dimensions: 7.4 x 0.9 x 9.1 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 187 customer reviews

Best Sellers Rank: #301,780 in Books (See Top 100 in Books) #22 inÃ Â Books > Health, Fitness & Dieting > Aging > Exercise #312 inÃ Â Books > Health, Fitness & Dieting > Men's Health #3965 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

"Exercise and nutrition are the paths to feeling and looking good. Dr. Life's book explains his methods in easy-to-understand terms, and his physique and mind proves that it works" --Lawrence A. Golding, PhD., FACSM, Exercise Physiologist, University of Nevada, Las Vegas"Read on and change your life." --Steve Miller, former NFL player and former Director of Global Sports Marketing, Nike, Inc."Achieving and maintaining balance is the primary goal in my life. That is why I follow the expertise of Dr. Life." --Cesar Milan, TV Star and Dog Behaviorist"Dr. Life's book is life-changing...a fabulous read" --Suzanne Somers, "New York Times" bestselling author of "Sexy Forever""Since I've been under the care of Dr. Life, my goal of living a productive life until at least 100 seems possible. My overall health has improved dramatically and I look and feel many years younger. " --Rick Barry, member of the Basketball Hall of Fame and NBA All-time Top 50 Player"Having known Dr. Life for over a decade I've been continually inspired by his ongoing transformation. He's showing that remarkable physical fitness and vitality can be achieved at any age. Long live Life!" ----Bill Phillips, author of the #1 New York Times Best Seller Body-"for"-LIFE, Founder of Transformation.com"Dr. Jeff Life lives and breathes a paradigm of health, vitality, and fitness--men everywhere would be smart to follow his example." --Anthony Robbins, Entrepreneur, Author & Peak Performance Strategist

Jeffry S. Life, M.D., Ph.D., is the founder and Chief Executive Officer of Cenegenics in Partnership with DrLife.com located in Las Vegas, Nevada. At a vibrant seventy-two years of age, he is in great shape, still practicing medicine, and at the top of the healthy aging field.

I am 55 years old an have been reading about health and nutrition for about ten years now, there certainly has been a shift in thinking when it comes to diet and exercise over the past ten years. Most of the science is pointing towards resistance training and high intensity cardio exercise. it's sad that the concept of supplements and hormone replacement therapy for men has been looked at as taboo or junk science for far too long.I have read other books and several articles in relation to hormone replacement therapy for men but never had the courage to approach my doctor about the issue. After reading the book I spoke with my doctor about having my levels checked and found that my testosterone levels were way low. I have been on T replacement therapy for about six months and sure enough just like DR Life states in the book my energy came back and I'm down twenty pounds, mostly belly fat.Great read for any males 45yrs plus and so easy to relate to his story

Awesome read for a life story of someone but there was no guidance for me on how to be better

Overall, there is certainly some very good information in the book. And, I like Dr. Life's passion for anti-aging management. Thumbs up! Sure, it takes money to do the (pharmacy) regimen he does, but anyone can benefit from better nutrition and exercise. They just need to know how and what. However, I have a few concerns with some of the nutrition advice. First of all, soy products are not the best option for men at this time. There is a lot of scientific evidence that Genetically Modified soy products act as estrogen in the body and can help produce more. That is the LAST thing we need to build muscle and stay lean. I was happy that he included myofascial release work (using the foam roller) and does Pilates (I teach Pilates). As far as the strength work, nothing overly new here. However, that is not a bad thing. You really don't need to get too fancy. The exercises that use a lot of muscles at one time are the best to boost testosterone and growth hormone. He's right on the money there. However, many men in our age category (45 and up) may have a lot of degenerative issues with our spines (sciatica/stenosis) where doing exercises like deadlifts, back squats, bent over heavy rows etc may be contraindicated. That's great that he is in that picture of health to do those exercises. Although looking at his pics in the book, his form is not the best on some of those moves (poor spine mechanics) and I would be concerned for his back if I were his trainer. The book's target market is us! I feel his resistance program should have been targeted toward his market, a little more than it was. His routines could easily be found in any muscle rag for a 20 year old. Many of us just cannot or should not perform those moves anymore. Anyway, to end on a positive note, I enjoyed his supplementation information. Great job there. My advice as a professional is do buy the book, but if you plan on doing this workout and are not experienced, PLEASE GET A QUALIFIED TRAINER! Look for trainers that have experience and lots of credentials. Sorry, but the 20 year old guys just don't understand our age group well, usually. Enjoy the book, but be safe with your program.

I did not like this book. The plans suggested are very high T injections and may not be what is accepted by the industry as normal therapy. Better to do some cardio and resistance training and eat a good diet than mess around with this level of T injections

Pretty much a sales tool for the Cenagenics program. Gives some good advice on supplements. The exercise and nutrition parts can be found in most fitness lifestyle books. It wasn't worth the price.

Look, if you’re over 60 and you want the sex life of a 30-year old, get a better memory or buy some porn, don’t buy this book. He keeps pushing crap like that over and over and over and that’s just not what this should be about. And there is a lot of good stuff in here, but you have to hunt for it because of that crap. Frankly, you’re better off going elsewhere. Eat better food, stop doing all the bad things you do so excessively, like drinking and smoking, exercise--A LOT!--and get your mind out of the gutter. You’ll be healthy in no time at all. If you need a girlfriend, find a girlfriend. If not, spend some quality time with your wife and get over that 30-year-old nonsense. Just get healthy and be happy with who you are, for crying out loud.

This book is straight to the pint as well as the "21 Pounds In 21 Days". Again, this is not Dr. J. Life’s most recent book, but due to my financial budget, I also got this book for about $3.00 used. Dr. Life’s book has a lot of pix of exercises and includes some information about "Genetics" which is totally new to me. I like the realistic pictures of some of the studies who had those "Pot Bellies" and then went to normal age looking but slimmer shapes. Then there were those who looked like Dr. Life with from the neck down, it looks like an edited pix. I will be incorporating the techniques illustrated into my budget of courser and using his website for different strategies. It sucks to be on a show string budget but oh so real!:-]] I recommend the book for all those who are seriously considering using weights for the first time, like myself at age 50 plus. It looks like a lot of low impact exercises. Although, I don’t know if a trainer would be better, it sure is a bit more pricey and out of my league.

Nothing new to learn here. If it wasn’t for the WOW factor of the author being almost 70 years old, this would just be another guide on nutrition and health.

Download to continue reading...

The Life Plan: How Any Man Can Achieve Lasting Health, Great Sex, and a Stronger, Leaner Body Sex: Sex Guide: The Perfect Sex Guide For Unbelievable Sex (Sex, Sex Guide, Sex Positions, Sex Addiction, Seduction, Sex Stories, Sex Books, Foreplay, Alpha Male, Relationships, Marriage) Mastering the Life Plan: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body Sex Starved Marriage: Sex in Marriage: 31 Best Demonstrated Sex Positions Every Married Couple Should Try To Spice Up Their Sex Life (Scream, harder and longer, Sex positions, Sex Tips, Sex Guide) Men’s Health Your Body Is Your Barbell: No Gym. Just Gravity. Build a Leaner, Stronger, More Muscular You in 28 Days! Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (The Muscle for Life Series Book 1) Thinner Leaner Stronger: The

Simple Science of Building the Ultimate Female Body (The Muscle for Life Series Book 2) 200 Dirty Talk Examples: How to Dirty Talk your way to the Most Graphic, Mind-Blowing Sex of your Life (Sex Advice and Sex Tips to Improve Sex Life and have Better Sex) Ballerina Body: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book) Kama Sutra: Best Sex Positions from Kama Sutra and Tantra to Skyrocket Your Sex Life (Kama Sutra, Sex Positions, How to have Sex, Tantric Sex) (Volume 1) The Men's Health Big Book of Exercises: Four Weeks to a Leaner, Stronger, More Muscular You! Intermittent Fasting: Fast Track to Lose Fat, Gain a Stronger Physical Body and Achieve Vibrant Health XXX MATURE SEX Pictures 3: sex, porn, milf, mature sex, love girls, sex pictures, anime sex pictures Tantric Sex: Lasting longer in Bed Using Advanced Tantric Techniques. Inspired by Indian Tantric Sex Guru (Illustrated Sex Book) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) The Year One Challenge for Women: Thinner, Leaner, and Stronger Than Ever in 12 Months

Contact Us

DMCA

Privacy

FAQ & Help