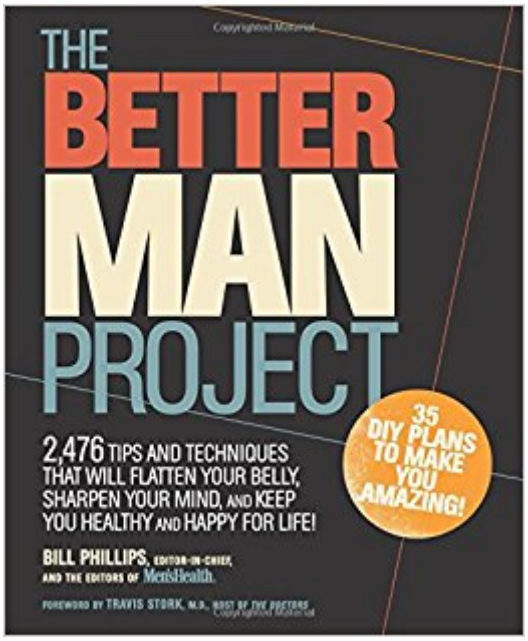
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The Better Man Project: 2,476 Tips And Techniques That Will Flatten Your Belly, Sharpen Your Mind, And Keep You Healthy And Happy For Life!



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Synopsis

The Definitive Owner’s Manual to the Male Body-One That’s as Fun as It Is Useful!The Better Man Project is the ultimate handbook for any man who wants to live longer and, just as importantly, better. Written by Bill Phillips, editor-in-chief of Men’s Health-the world’s largest and most respected men’s magazine-this 352-page manual is packed with thousands of useful tips and action items to upgrade your diet, fitness, health, relationships, career, and more (as quickly as possible), plus specific do-it-yourself plans to make you the best man you can be.The Better Man Project isn’t just a reference guide to life. It’s a great read too, with every health and fitness tip served with a side of Men’s Health’s trademark authority and humor. You’ll feel stronger and healthier. You’ll be stoked about waking up and attacking your day. You’ll be more impressed than ever, no matter your age, by the guy staring back at you in the mirror. And, let’s just say it: Your wife or girlfriend will probably be 20 to 25 percent more into you. Features include: * Health and fitness self-tests so you can see how you stack up against other guys your age. * The 70 powerfoods than all men should be eating * A decade-by-decade cheat sheet of all the diagnostic tests you should have, and when. * A troubleshooter’s guide to common ailments and quick home remedies. * Simple workouts that will help you pack on total-body muscle, find your abs, build big arms, or lose your belly fat. * Special features on protecting your telomeres, reversing diabetes, preventing heart disease, and staving off dementia. * 35 do-it-yourself projects that will make you more interesting, improve your posture, fix your diet, earn you a promotion, fill your wallet, and much more! Flat belly. Strong muscles. Career success. More respect. Greater happiness. Boatloads of fun. Good health for life! The Better Man Project shows you the way. You deserve better. Start today.

Book Information

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Customer Reviews

Bill Phillips is the Editor-in-Chief of Men’s Health magazine, the world’s largest men’s magazine brand, and a leading authority on men’s issues. Under his leadership, Men’s Health won the 2015 National Magazine Award for General Excellence, the industry’s highest honor.

A book that addresses all the key topics of manhood, health,wealth, sex, intimacy, well being, exercise, grooming and fashion. A great gift for anyone who could use some adult male advice, at any age. The thing that makes this tome both huge and a great bargain is that is is mainly reprints from Men’s Health Magazine. I believe most men will appreciate the practical tone of the writing and the sage advice for not only dealing with workplace politics, pals, girlfriends, wives, bosses, kids, but actually optimizing those relationships. Approach with an open mind, and you should think like a better man by the end.

There are good tips through-out this book. Some of it presents redundancy from articles online. Overall it’s still a solid book, and quick read filled with information we all probably know, yet tend to ignore or not think about. It’s topics are good reminders backed by some statistical evidence to substantiate it’s points.

If you are a fan or avid, even casual reader of Men’s Health and/or Fitness I recommend this book for you. It is as if they have taken a issue of the magazine and put it on M.G.H. (magazine growth hormone). Very informative and well written.

Great book, really helped me get back on track. And I am certified personal trainer with degree in kinesiology. Eliminates the need to ever buy a men’s health again.

Great book. It contains a lot of information that I did not know about, and is already helping me change my lifestyle. The best part about the book is that it provides minor changes that can dramatically enhance your life. I would recommend this book to any guy.

Over 2000 tips in this very good book to make you a better man.Highly recommended for any man who wants to improve his body,health and wealth.

First time I had read a internet copy of this book, after a few pages I decided to buy the book. For the region were I live this book should be present in every man home. I hope to do what it is written.

As advertised.

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