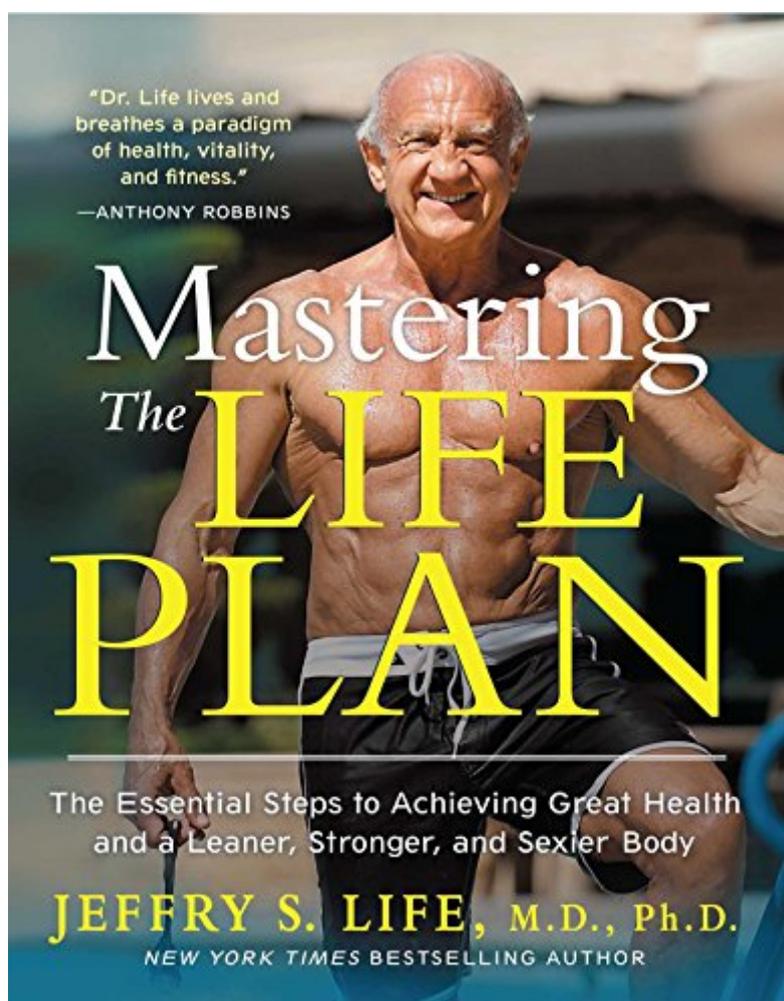


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# Mastering The Life Plan: The Essential Steps To Achieving Great Health And A Leaner, Stronger, And Sexier Body



## Synopsis

Do you want to get in the best shape of your life and live like you're twenty years younger? Learn to master the Life Plan! In his New York Times bestseller, *The Life Plan*, Dr. Jeffrey Life combined proven science with an appealing message: it's never too late to transform your body. Today, at seventy-four years of age, with an unbelievably toned torso and biceps that even a twentysomething would envy, he's living proof that his program of exercise, nutrition, and hormone optimization has extraordinarily powerful and lasting results. In *Mastering the Life Plan*, Dr. Life distills this bestselling program into a simpler format that men of any age can customize for their individual needs. For those who already follow his regimen, this new book is an essential next step, with new exercises and groundbreaking new advice that's also a perfect companion to take on the road. This new book offers:

- New exercises in all fitness domains: cardiovascular, strength training, and toning/stretching combined into one easy-to-follow routine
- New meal plans and recipes that make weight loss a breeze
- Expanded food guide for eating on the road, eating out, and cooking for yourself
- The latest information on hormone optimization, giving a deeper understanding of therapies, controversies, myths, and realities
- New success stories from men who've already seen great results with the Life Plan
- Comprehensive medical information so that you can work with your own doctor to achieve better health
- And much more.

Every eight seconds an American man turns fifty, and for many, maintaining good health has not been a priority. *Mastering the Life Plan* is therefore essential for every man looking to take charge of his health now and for the future. As Dr. Life says, this is the only way to achieve a happy, youthful, sexually satisfying life with dramatically fewer age-related illnesses, and at the same time, avoid the unfortunate side effects of aging.

## Book Information

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## Customer Reviews

Dr. Life is an incredible human specimen at 74 years old. Most 25-year-olds WISH they had a body like his. So, upon seeing the cover - an advance copy (I am a bookseller) - I was sucked in: how in the world can a 74-year-old look like that? Most of 'The Plan' seems very straightforward: diet techniques (low-carb diet basically), exercise routines (many specific exercise techniques to be done on a regular basis), and ... um... taking HGH (human growth hormone) and testosterone on a regular basis. Yes, performance-enhancing drugs. "No way! Really?", you say? Yes, really. But wait: even though my own reaction was that this was a bit crazy, I was compelled to read on and, in the end, found that it wasn't so crazy after all. Whether or not I would actually DO 'The Plan' is another matter, however. Let's take the easier one first, testosterone: one, it's not a controlled substance, and two, many studies show that it does have excellent benefits, as described by Dr. Life. Now, the difficult one: first, you wouldn't think you could even GET any HGH unless you knew a pro sports trainer with a casual approach to lawbreaking. Wrong: there is an FDA loophole in the law that allows its sale (in a clinical environment) and the largest supplier is a firm called Cenegenics. And guess who owns Cenegenics: Dr. Life. My impression is that Cenegenics is a legit, cutting-edge company and that its "hormone optimization" program is just one of its many services. But I digress from the book. In the end, I don't think I would embark on the project, as impressive as 'The Plan' has been for Dr. Life himself. I took vitamin E supplements for years, for its well-known health benefits.

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