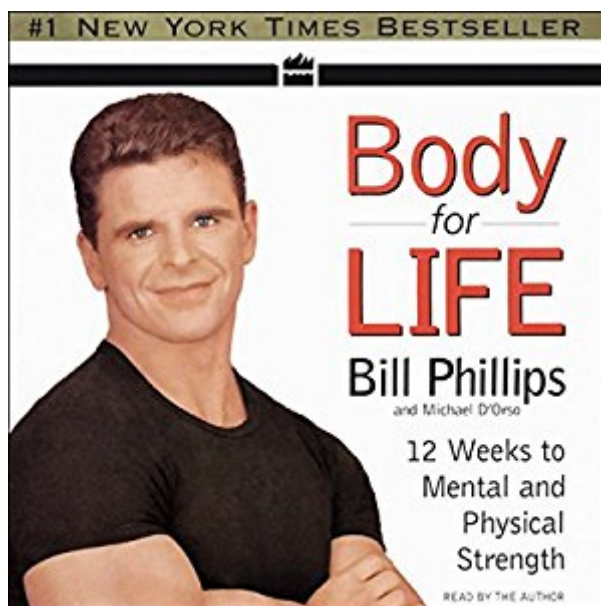


The book was found

# Body For Life: 12 Weeks To Mental And Physical Strength



## Synopsis

Listen to Bill Phillips as he introduces you to his Body-for-LIFE program! "Change Your Mind 'Change Your Body 'Change Your Life." Imagine, just 12 weeks from now, having the lean healthy body you've always wanted and not having to turn your life upside down to get it. Imagine having the energy to be at your peak from dawn to dusk, having the confidence to do all the things you've been putting off, having the certainty to make the right decision at the right time, and knowing that you really do have the power to change - not just your body but anything in this world you set your mind to. If this sounds unlikely, or maybe even impossible, it's time you were introduced to Bill Phillips and his Body-for-LIFE Program - it's time you join those who have experienced breakthroughs with the help of his expert advice. 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 Phillips and, with his help, have now regained control of their bodies and lives. The principles of the Body-for-LIFE Program are surprisingly simple but remarkably powerful. Allow yourself to experience the force of the information on this audio - 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. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

I like this book so much I'm buying it again after lending it to a friend who will probably never return it. I used this book and its recommendations with some changes and lost a significant amount of weight and reduced my risk for several health issues. For those who talk about this book being a "marketing scam"- don't let them get you down. There is a recommendation to use supplements the author's company makes, and I did not buy a single one. I still lost over 60lbs. I've followed Phillip's core principles several years later and have kept a majority of that weight (as in 55lbs of it) off. If you want sound advice and have an ounce of common sense to make effective choices for yourself, then give this a try. It's not a small commitment; it takes time and effort like any health/lifestyle overhaul.

Probably the easiest and best fitness/food program to follow. I've used this book numerous times. Also, have lent this book out to people and never gotten it back which is why I've probably bought this book 3-4 times. Phillips has a super simple program that leads to clear, dramatic and sustainable results. I highly recommend this book to anyone who wants to get into shape. In particular because the food aspect of this book isn't gimmicky. It's super straight forward and I think leaves you with a blue print you can follow to continue in the future after you reach your fitness goals.

I did this a long time ago, and had great progress. Hopefully, it'll help me, now.

BFL is still a great resource and program. The 12 week plan is organized for efficient and logical use of time; it worked very well for me years ago. I view this workout routine as I did my Navy boot camp years ago - very structured, but easy to follow. Though I'm in my mid-50's, this workout plan still fits nicely. After I complete these 12 weeks, I'll maintain my health by using his brother's book, Strength For Life (less intense, but similar concept). My original new copy of Body for Life from over 10 years ago has been heavily used, so I needed another one for reference that's still in one piece.

This book came out at a time where there was not really many all in one, workout, nutrition, and supplementation plan. It was before P90x, Insanity and the more reputable things that are out there now that do not emphasize a gadget or magic pill, but said that if you eat right and exercise (and showed you how to do both) you can transform your body. I used the program with a bowflex and nordic track and lost over 40lbs. What this is, is a good introduction to a fitness and nutrition plan. It

is perfect for someone who wants to get in shape, but needs a little motivation and does not really know what to do. Depending on your body, genetics, commitment and goals, this can do anything from help you lose a few pounds to get you into fitness model kind of shape. Just be aware, that depending on your body type and genetics, it may take more than just the 12 week plan laid out here to get you in great shape. I have known people who did (and still do) nothing but body for life and do look like fitness models. I have known others that have gone beyond body for life to get in great shape. I personally have to eat a lot more strictly than the nutrition plan in the book to get in great shape. I know people have complained that he shills for his former company's line of supplements in the book. He wrote it when he owned EAS, and when he discusses meal replacement shakes he does plug EAS's brand. He certainly does not insist you have to use it or any other supplement, and I did not feel it took away from the messages in the book at all. And, lets face it he wrote the book in part to make money, and had a for profit company. Anyone in his position would have done the same thing. While Body for Life is probably not as popular as it once was, in part because it has more competition and the fact that Bill is not affiliated with EAS or the BFL challenge anymore, it remains a great program (especially for beginners) and will provide you with plenty of motivation.

This is the most comprehensive book on building yourself up physically and mentally. It covers everything from how to get started, keeping your motivation level high, how to train and how to eat. Bill's training principles still work today. You'll find out more about how your body works with this book than scammy quick-results books. When I last followed this program a year ago I lost 15KGs in 12 weeks. Unlike other books that bombard you with jargon Bill's story-telling style makes this an easy read. Make sure you use a highlighter because there are definitely key points across the book you will want to come back to again.

I had let myself go for a few years after getting married. I had put on +30 lbs and was very out of shape. Enter body for life. I was very excited to start back into working out and Bill Phillips is a great motivator. Changing your mind, attitude, and habits is a tough process to overcome but through this reading and exercise program it really works. If you are looking for an overnight weight loss, this isn't the plan for you and I doubt there is one out there. If you are looking at actually changing your life and fitness this is a great place to start. His 1-10 effort based scale is great as it applies to everyone. Great explanations of all the different exercises and pictures too. Good advice about dieting. By following these instructions I lost about 15-18 lbs. I have since moved on to p90x and

have lost another 25 lbs. This is a great book and has vaulted me back into shape. "Body-4-life"

Love this book, I have purchased it many, many times. I have had such great success with it and when I'm asked about my "diet and exercise" program, I tell them all about this. I keep buying copies to hand out when someone is genuinely interested in how it all works.

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