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Says entrepreneur and life coach Anthony Robbins, "Dr. Life lives and breathes a paradigm of health, vitality, and fitness—men everywhere would be smart to follow his example." Mastering the Life Plan: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body - tq.filegood.club

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. Offering new exercises in all fitness domains, meal plans and recipes that make weight loss a breeze, the latest information on hormone optimization, new success stories, and much, much more ...

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. ...

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Mastering the Life Plan: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body. As both a next step and a jumpstart to Dr. Jeffrey Lifes New York Times bestselling health plan for men, this is an easy-to-follow primer from an author whose message is life-changing (Suzanne Somers).

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It is informative and inspiring especially if you are 50+, diet, exercise and supplements are important if you plan an active aged life to achieve 100. With this program we can achieve 100 and enjoy it along the way. Go for it, live it up with the life plan, Jeff shows you the way by leading the way.

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