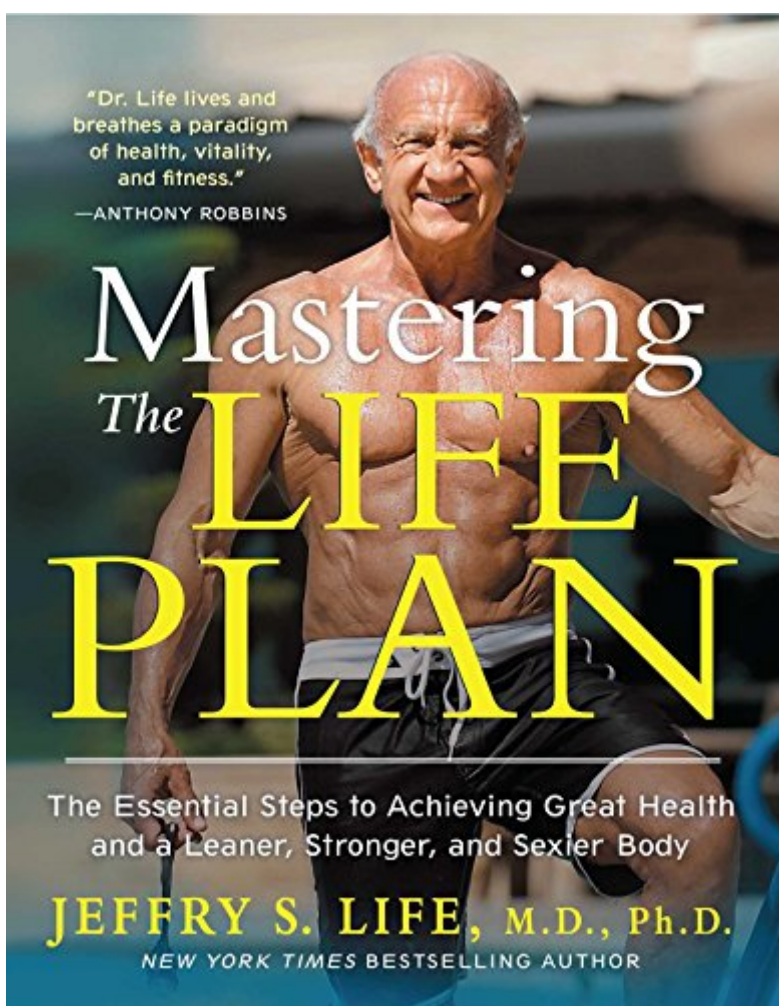


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# Mastering The Life Plan: The Essential Steps To Achieving Great Health And A Leaner, Stronger, And Sexier Body



## 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

Just outstanding, everything I expected and more. I am 69 years old, overweight and out of shape. Dr. Life has inspired me to join a gym and I've started working out five days a week for the past three weeks. Most books explain how to do upper body, day of rest, lower body, day of rest, and then back to upper body. This book divides the work out into five parts instead; chest, back, legs, shoulders, and arms. One body part for each of the five days of the week. Each trip to the gym takes less time as you are only exercising the single body part with four different exercises and four sets per. The diet info is valuable also and I am losing weight at over two pounds per week. Highly recommend.

Good workout plan and I'm sure the diet guidelines are good also, although I think both would be too hardcore for most users. Hormone replacement suggestions also sound too expensive for most readers and it is suggested that the hormone supplementation is required for results for older people.

Life changing book. I bought his first book also, " The Life Plan". I always was in OK shape for my age, soon will be 60. I thought I should take it easy when getting older. His books change completely my diet, exercise intensity. I lost already 8 pounds in 2 weeks. I suggest to start from his first book " The Life Plan". Good Luck!

I have several Dr Life's books. They are great for me to review each year to stay focused and on track.

Book deals w/ Age Related Hormone Depletion. Dr Life says Optimal Nutrition, replacing HGH, Testosterone, & Thyroid Hormones, Restores overall Health, Reduces ED, enhances Weight Loss,

Vitality, Mental Sharpness. Dr. Life is living proof of his claims. I have studied Health & Nutrition over 40 years, as a Health enthusiast, and I say that Dr Life is Right on the money. I highly recommend this Book.

This is a great book for older men like my self who wish to get back to a better presence in life. It is very informative especially about vitamins, exercise and eating habits. I would recommend this to any man that wants to change their life.

I am about the age when Dr. Life started his transformation journey, and I have found this book just right for me, full of wisdom how to manage my body, beginning from how to understand it and how to deal with it's issues, and not blaming getting old. Mentioning issues, I had a couple demonstrated by very bad autoimmune responses for over a couple years, over the time I have found that strengthening the body by vigorous weight exercises and diet, made the issues to go away!At some point we may think about hormonal enhancements, however this is up to the individuals, I hope following the book's regime I will be able to maintain my health without them. Though, I have always been wondering what is the difference between HRT for women which has been used for years, and this what Dr. Life is talking about for men?I am following a routine to attend the gym three times a week, doing weights, I also jog in the other days, and feeling always greater after that. I am battling to get the diet right, but every time I go back to the book, I am back on the right track. Dr Life's book is a great guide to keep young and fit, and remain healthy and independent for a very long time. Thank you!

The book explains in very understandable detail how to change your life style through proper dieting and exercise! A must read to a happier, healthy "You"!! I'll be reading specific chapters over and over again to draw on the full benefits of his plan!

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