



Eating for Life: Your Guide to Great Health, Fat Loss and Increased Energy

By Bill Phillips



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Eating for Life: Your Guide to Great Health, Fat Loss and Increased Energy By Bill Phillips

Did you truly enjoy the food you ate today? Do you really like the way you look and feel? Are you consistently enjoying great health and high energy? Bill Phillips, author of the #1 New York Times bestseller Body-for-LIFE, believes your answer to all of the above questions should be, "Yes!" He feels that food should be a source of pure pleasure. A source of positive, abundant energy! A "sure thing" in a world of much uncertainty. Phillips, who's widely regarded as today's most successful fitness author, has firm beliefs which go against the grain of today's popular weight-loss methods. "Diets, all of them, are potentially dangerous, most always dumb and ultimately a dead-end street!" he insists. "Eventually, anyone and everyone who's at all concerned with their health must learn how to feed their body, not how to starve it." Instead, Phillips encourages a safe and sound solution which includes eating balanced, nutrient-rich meals, frequently throughout the day. "This is what works in the long run," he explains. Rich with common sense and science, Eating for Life has rhyme and reason. It is specific. There are very clear dos and don'ts which help people enjoy food and improve their overall fitness. Bill's approach, which he calls the "Eating for Lifestyle," has already helped thousands of people break free from the dieting dilemma and discover that, contrary to pop-culture belief, food is friend, not foe. Used intelligently, it nourishes the body and mind, satisfies the appetite, calms cravings, renews health and lifts energy. Like Bill Phillips' Body-for-LIFE, this is a tell-it-like-it-is book. There's no promise of a quick fix. No metabolic tricks or so-called miracles. Just straightforward, clear, concise, practical and appropriate principles for eating right... for life.



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Editorial Review

About the Author

Bill Phillips, 38, has helped hundreds of thousands of people, from all walks of life, build leaner, stronger bodies and enjoy healthier, happier lives. His Program for renewing physical and mental strength is shared in the #1 New York Times bestselling book Body-for-LIFE. With more than four million copies sold and over four years on the bestseller list, Body-for-LIFE has become the most popular and successful book of its kind. Phillips has received many honors for his work including the Make-A-Wish Foundation's highest award. He was also honored by Paul Newman and the late John F. Kennedy, Jr., as one of America's most generous business leaders. The United States Junior Chamber of Commerce honored Phillips in January 2000 as one of Ten Outstanding Young Americans. Bill was also chosen to help carry the Olympic torch on its relay across America for the 2002 Winter Olympics in Salt Lake City. And now, Bill Phillips has created Eating for Life to help inspire and guide even more people to improve their health and lift their quality of life to new heights.

Users Review

From reader reviews:

Clara Lee:

As people who live in the particular modest era should be change about what going on or data even knowledge to make these keep up with the era which can be always change and move forward. Some of you maybe will probably update themselves by looking at books. It is a good choice for yourself but the problems coming to you actually is you don't know which you should start with. This Eating for Life: Your Guide to Great Health, Fat Loss and Increased Energy is our recommendation to make you keep up with the world. Why, since this book serves what you want and want in this era.

Laura Thompson:

Reading a e-book can be one of a lot of activity that everyone in the world loves. Do you like reading book so. There are a lot of reasons why people love it. First reading a publication will give you a lot of new data. When you read a reserve you will get new information mainly because book is one of numerous ways to share the information or maybe their idea. Second, reading a book will make a person more imaginative. When you reading through a book especially tale fantasy book the author will bring someone to imagine the story how the character types do it anything. Third, you could share your knowledge to other people. When you read this Eating for Life: Your Guide to Great Health, Fat Loss and Increased Energy, you could tells your family, friends along with soon about yours publication. Your knowledge can inspire different ones, make them reading a reserve.

Rhonda Rudder:

Reading a book tends to be new life style in this era globalization. With reading you can get a lot of

information that can give you benefit in your life. With book everyone in this world can easily share their idea. Textbooks can also inspire a lot of people. A lot of author can inspire their very own reader with their story or even their experience. Not only the story that share in the books. But also they write about the information about something that you need example of this. How to get the good score toefl, or how to teach children, there are many kinds of book which exist now. The authors in this world always try to improve their talent in writing, they also doing some exploration before they write to their book. One of them is this Eating for Life: Your Guide to Great Health, Fat Loss and Increased Energy.

Nancy Chinn:

A lot of people always spent all their free time to vacation as well as go to the outside with them family or their friend. Do you know? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity that's look different you can read a new book. It is really fun in your case. If you enjoy the book you read you can spent all day long to reading a guide. The book Eating for Life: Your Guide to Great Health, Fat Loss and Increased Energy it is rather good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. When you did not have enough space bringing this book you can buy typically the e-book. You can m0ore very easily to read this book out of your smart phone. The price is not very costly but this book possesses high quality.

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