



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:

Nancy Fisher:

Have you spare time for any day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity for spend your time. Any person spent their particular spare time to take a walk, shopping, or went to the particular Mall. How about open or even read a book entitled Eating for Life: Your Guide to Great Health, Fat Loss and Increased Energy? Maybe it is to get best activity for you. You already know beside you can spend your time using your favorite's book, you can more intelligent than before. Do you agree with it is opinion or you have various other opinion?

Aurelio Ashley:

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Lawrence Gibbs:

The book Eating for Life: Your Guide to Great Health, Fat Loss and Increased Energy will bring that you the new experience of reading any book. The author style to describe the idea is very unique. Should you try to

find new book to learn, this book very appropriate to you. The book Eating for Life: Your Guide to Great Health, Fat Loss and Increased Energy is much recommended to you to learn. You can also get the e-book through the official web site, so you can quicker to read the book.

Joseph Franson:

Your reading 6th sense will not betray anyone, why because this Eating for Life: Your Guide to Great Health, Fat Loss and Increased Energy book written by well-known writer who really knows well how to make book that could be understand by anyone who read the book. Written with good manner for you, dripping every ideas and composing skill only for eliminate your own hunger then you still skepticism Eating for Life: Your Guide to Great Health, Fat Loss and Increased Energy as good book not merely by the cover but also from the content. This is one reserve that can break don't judge book by its deal with, so do you still needing an additional sixth sense to pick that!?! Oh come on your studying sixth sense already told you so why you have to listening to an additional sixth sense.

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