

# The Lean Muscle Diet A Customized Nutrition And Workout Plan Eat Foods You Love To Build Body Want Keep It For Life Lou Schuler

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## Ten Speed Press

Whether you're looking for the right strength training diet, building muscle diet, lean muscle diet...whatever you want to call it...this book can help you achieve your health and fitness goals. Health experts have long told us that fitness is 70% diet, 30% exercise. So if you're serious about getting in great shape and want to learn how to gain muscle through proper nutrition then **The Muscle Building Diet** is a solid place to start.

The New Lean for Life Victory Belt Publishing Get healthy in just 15 days with this diet plan from the celebrity trainer and New York Times bestselling author frequently featured on Khloé Kardashian's *Revenge Body*. We've gone way overboard trying to beat the bulge. We've tried every diet out there—low-carb, low-fat, all-grapefruit—and spent hours toiling on treadmills and machines, to no avail. It's time to hit the reset button and start over with a new perspective on weight loss. In **The Body Reset Diet**, celebrity trainer and New York Times bestselling author Harley Pasternak offers you the ultimate plan for a thinner, healthier, happier life. This three-phase program focuses on the easiest, most effective way to slim down: blending. The 5-day jump-start includes delicious, expertly crafted smoothies (White Peach Ginger, Apple Pie, and Pina Colada, to name a few), dips, snacks, and soups that keep you satisfied while boosting your metabolism. Over the following 10 days, the plan reintroduces healthy combinations of classic dishes along with the blended recipes to keep the metabolism humming, so you will continue to torch calories and shed pounds. The plan also explains how the easiest form of exercise—walking—along with light resistance training is all it takes to achieve the celebrity-worthy physique that we all desire. No equipment necessary! Whether you are looking to lose significant weight or just those last 5 pounds, **The Body Reset Diet** offers a proven program to reset, slim down, and get healthy in just 15 days—and stay that way for good!

## The 4-Hour Body Rodale

CrossFit celebrity Christmas Abbott shows how to attain the body of your dreams with a targeted eating strategy and total-body workout plan that will whip glutes and hips—and every problem area—into top shape. As a formerly “skinny fat” woman, Christmas Abbott knows what real women need to get the butt and body of their dreams. In **The Badass Body Diet**, she dispels the myth of the health benefits of a “pear shape” body, teaches readers how to spot-reduce excess fat with targeted meal plans and recipes that zap cellulite, and galvanizes them with a quick and simple workout plan for a toned butt—the key to total body fitness. Your “glutes” (the technical term for booty) are the body’s largest and most powerful muscle group—and one of the most beautiful—but they can go dormant, flat, and flabby. Packed with essential information, and inspirational before-and-after photos of her clients, **The Badass Body Diet** shows how to whip that butt into shape and provides essential information on how to: Select essential “booty foods”—the right proteins, fats, and carbs Experience a total body workout with an easy-to-follow, powerful exercise program Improve posture and functional mobility and enhance overall health Target cellulite through diet, workout strategies, and other proven tips And much more. Unlike most “one approach fits all” diet and exercise books, **The Badass Body Diet** identifies the three types of dieters that Christmas has discovered working with hundreds of clients at her CrossFit gyms—Modifiers, Gainers, and Maintainers—and tailors her approach to each, providing specific goals for maximum results. Stop obsessing about a flat belly, Christmas advises. **A Badass Body** is a

birthright, and it starts at the bottom—with a trim and tight tush.

The Lean Body Manual Createspace Independent Publishing Platform If you want to know how to build muscle and burn fat by eating healthy, delicious meals that are easy to cook and easy on your wallet, then you want to read this book. Do you lack confidence in the kitchen and think that you just can't cook great food? Are you not sure of how to prepare food that is not only delicious and healthy but also effective in helping you build muscle and lose fat? Are you afraid that cooking nutritious, restaurant-quality meals is too time-consuming and expensive? If you answered "yes" to any of those questions, don't worry—you're not alone. And this book is the answer: With it, you can cook fast, healthy, and tasty meals every day (and on a reasonable budget) that will help you build muscle or lose weight, regardless of your current skills. **The Shredded Chef** is more than just a bunch of recipes, though. It's going to teach you the true scientific basics of gaining muscle and losing fat, because bad diet advice is an epidemic these days. In this book, you're going to learn how to eat right without having to obsess over every calorie. These 9 scientifically proven rules for eating are the foundation of every great physique, and they have nothing to do with following weird diets or depriving yourself of everything that tastes good. And the recipes themselves? In this book you'll find 114 healthy, flavorful recipes specifically designed for athletes that want to build muscle or lose fat. Regardless of your fitness goals, this book has got you covered. Here's a "sneak peek" of the recipes you'll find inside: 18 fast, delicious breakfast recipes like Peanut Butter Power Oatmeal, French Muscle Toast, High-Protein Banana Oatcakes, Lean and Mean Zucchini Hash Brown, Macho Mexican Scramble and more. Whether you're trying to burn fat or build muscle, you'll find recipes that will help you get there. 18 mouthwatering chicken dishes like Chicken Stroganoff, Tasty Thai Chicken, Jerk Chicken Stir Fry, Honey-Garlic Chicken, and more. Forget boring chicken dishes, even when cutting! 14 tasty beef recipes like Low-Fat Russian Beef Stroganoff, Lean Bison Burgers, Vietnamese Beef Noodles, Meathead Meatballs, and more. Enjoy beef like never before with these creative recipes and you'll even find low-calorie beef dishes designed for losing weight! 10 savory fish and seafood recipes like Turkey Bacon Wrapped Scallops, Provençal Baked Halibut, Salmon Burgers, Tasty Tuna Melt, and more. Never again settle for flavorless, unappetizing fish and seafood—these recipes will have you singing praises for the sea! 7 hearty, healthy pasta recipes like Chicken Pesto Pasta, Asparagus & Goat Cheese Pasta, Classic Pasta Bolognese, Beef Lasagna, Chicken Fettuccine with Mushrooms, and more. Each of the pasta dishes are high in protein, making them great muscle-building treats. 14 awesome side dishes like Wasabi Mashed Potatoes, Sweet Potato Fries, Hot 'n Healthy Brown Rice, Zucchini Risotto, Couscous Salad, and more. You're going to love mixing and matching these side dishes with the entrees and discovering your favorite combinations! 5 delectable desserts like Key Lime Pie, Peach Cobbler, Chocolate Protein Mousse, Banana Cream Pie, and more. These sugar-free desserts will satisfy your sweet tooth without the calorie overload! And more! (I haven't even mentioned the recipes for pork, salads, protein shakes, protein bars, and snacks...) **SPECIAL BONUS FOR READERS!** With this book you'll also get a free 31-page bonus report from the author called "Muscle Meals: How to Use Nutrition to Maximize Your Muscle and Torch Your Fat." In this bonus report, you'll learn the truth about "good" and "bad" carbs and exactly which you should eat and which you should avoid, and 5 snacks that are delicious, easy to make, and that can help you build muscle and lose fat. Scroll up and click the "Buy" button now to learn how to cook nutritious, delicious meals that make building muscle and burning fat easy!

## Flexible Dieting Oculus Publishers

Achieve the lean, fit look of a professional athlete in just twelve weeks with this straightforward fitness plan. New studies are confirming what Paul Goldberg has already observed in his high-profile clients: getting leaner—not just thinner—is the single most important change that we can make to feel and look our best. What many Americans struggle with today is known as normal weight obesity: normal body weight, but high body-fat percentage, which can lead to serious health problems. Now Goldberg has developed an effective plan to lower body fat by eating the right foods and building muscle. The twelve-week **Lean Look** program requires no fancy equipment, takes thirty minutes a day, six days a week, and can easily be done at home. Goldberg shows how to add foods to your diet that promote muscle development, cut back on foods that encourage fat storage, time your meals for optimal nutrition, and exercise to burn fat. With over 100 photographs, a **Lean Look** journal, body-fat tables, and a four-week meal plan, **The Lean Look** is a straightforward guide to getting the sculpted, athletic body you've always wanted.

## The Shredded Chef The Lean Muscle Diet

A muscle building diet that's easy to maintain...followed by 50 simple recipes all health and fitness nuts will love. Whether you're looking for the right strength training diet, building muscle diet, lean muscle diet...whatever you want to call it...this two books in one bundle can help you achieve your health and fitness goals. Health experts have long told us that fitness is 70% diet, 30% exercise. So if you're serious about getting in great shape and want to learn how to gain muscle through proper nutrition then **Muscle Building Diet** is THE place to start. It combines two top-selling books by fitness author Marc McLean: **Strength Training Nutrition 101: Burn Fat & Build Muscle Easily...A Healthy Way Of Eating You Can Actually Maintain** **Meal Prep Recipe Book: 50 Simple Recipes For Health & Fitness Nuts** **Muscle Building Diet** is not aimed at gym meatheads with over-developed unnatural physiques, or steroid-using bodybuilders. Instead, this two books combo is written for men and women who want to build lean muscle, burn bodyfat...and get in the best shape of their lives without going to crazy extremes. Not sure about what

foods you should be eating - and frustrated by all the conflicting dietary advice out there? Confused about what to eat and drink pre and post-workout to gain maximum muscle from your gym efforts? How many grams of protein per day? How many calories? Macronutrients...micronutrients? There's a lot to figure out - but it doesn't have to be complicated. **Muscle Building Diet** simplifies all of this for you so that you can build muscle lose fat effectively - and the first book shows you how to do this in a healthy way that's easy to maintain. (No fad diets or boring, bland nutritional protocols). It's a sensible, do-able, manageable nutrition guide for men and women who lift weights and want to maximise their gym efforts. Below are the book's chapters: Chapter 1: Simplifying Diet & Nutrition For More Muscle, Less Fat Chapter 2: The 7 Golden Rules of Clean Eating Chapter 3: The 'Poison' In Our Diets Chapter 4: Making The Right Food Choices Chapter 5: Calories Chapter 6: Do We Really Need All That Protein? Chapter 7: Pre-Workout Nutrition Chapter 8: Post-Workout Nutrition Chapter 9: Supplements - The Good, The Bad & The Useless The second book in this combo - **Meal Prep Recipe Book: 50 Simple Recipes For Health & Fitness Nuts** - serves up a variety of awesome recipes that are simple to make and ridiculously tasty. These nutrient-packed fitness recipes make clean eating easy and prove that you don't have to eat boring, bland food to get in great shape. Each recipe also includes a calorie and macronutrients breakdown. Figuring out calories, carbs or grams of protein couldn't be easier. This recipe book is all about preparing easy meals using fresh, whole foods - and empowering you to take full charge of your muscle building diet. Two books in one - and the know how to gain muscle effectively through proper diet and nutrition. **SPECIAL BONUS FOR READERS** A free supplements guide is also available for every reader. In this bonus report, author Marc McLean details the all-natural supplements he uses to help boost his performance in the gym, enhance recovery, improve sleep, develop muscle, stay lean and maintain optimal health overall.

## Keto Bodybuilding Penguin

Research shows that although people can lose 5 to 10 percent of their body weight on any given diet, dieting itself is a consistent predictor of future weight gain. Why? At some point, everyone stops dieting. **The Lean Muscle Diet** solves the sustainability problem while offering immediate results. It's simple: act as if you already have the body you want. If a reader is, say, a 220-pound man who wants to become a muscular 180-pounder, he then uses **The Lean Muscle Diet's** formula to eat and train to sustain a 180-pound body. The transformation begins immediately, and the results last for life. Lou Schuler, who has sold more than one million copies of his fitness books worldwide, and Alan Aragon, nutrition advisor to Men's Health, have created an eating and "metabolically expensive" exercise plan designed to melt fat while building muscle. The best part? The plan allows readers to eat their favorite foods, no matter how decadent. With full support from Men's Health, **The Lean Muscle Diet** delivers a simple—and simply sustainable—body transformation plan anyone can use.

## The Fabulous Body Simon and Schuster

The last nutritional model you will ever need to achieve and maintain your optimal physique, peak performance, and robust health. Do you find yourself confused by the ever-changing diet landscape? Low-carb, keto, low-fat, Paleo, supplements you can't pronounce, and of course the fix-all magic bullet—it becomes a minefield of endless frustration with little or no sustainable results to show for it. In his new book **Flexible Dieting: A Science-Based, Reality-Tested Method for Achieving & Maintaining Your Optimal Physique, Performance, and Health**, Alan Aragon is here to put an end to the confusion and put you on a path to success. With over 25 years of experience as a nutrition researcher and educator, Alan reveals the biggest diet secret of all—no single diet is best for everyone. The key to success is finding a tailored program that meets your individual needs and helps you build lifelong habits to support your goals. **Flexible Dieting** is a research-based, field-tested approach to nutrition that focuses on macronutrient balance and proper food sourcing that will help you achieve your dietary and physical goals at your own pace. With this simple weight-loss plan, Alan shows you how to eat within your specific macronutrient targets, making weight loss achievable and sustainable while fostering a healthy relationship with food and offering more freedom in your food choices.

## The Lean Muscle Diet HarperCollins

In **The New Rules of Lifting for Women**, authors Lou Schuler, Cassandra Forsythe and Alwyn Cosgrove present a comprehensive strength, conditioning and nutrition plan destined to revolutionize the way women work out. All the latest studies prove that strength training, not aerobics, provides the key to losing fat and building a fit, strong body. This book refutes the misconception that women will "bulk up" if they lift heavy weights. Nonsense! It's tough enough for men to pack on muscle, and they have much more of the hormone necessary to build muscle: natural testosterone. Muscles need to be strengthened to achieve a lean, healthy look. Properly conditioned muscles increase metabolism and promote weight

loss -- it's that simple. The program demands that women put down the "Barbie" weights, step away from the treadmill and begin a strength and conditioning regime for the natural athlete in every woman. The New Rules of Lifting for Women will change the way women see fitness, nutrition and their own bodies.

The Unapologetic Fat Girl's Guide to Exercise and Other Incendiary Acts Rodale Books

With so many diets and programs to choose from, finding the right nutritional path can be challenging. Many modern diets are rooted in misrepresented science, rely heavily on supplements, or are just simply not sustainable in the long term. World's Strongest IFBB Pro Bodybuilder Stan Efferding and Dr. Damon McCune have partnered to bring you a program that sets the confusion aside and puts you on the path to weight loss, better performance, and overall better health, today. The Vertical Diet provides practical nutrition and lifestyle solutions that are simple, sensible, and sustainable. Stan and Damon provide a specific plan and comprehensive tools that will help you develop a greater understanding of which foods are nutrient-dense and digested easily and efficiently for maximal health benefits. With example menus and easy-to-follow recipes, The Vertical Diet takes all the guesswork out of what to eat and when. You will also learn how to build a daily checklist of healthy behaviors to follow to support your long-term success on the program. The Vertical Diet is complete with: A selective (not restrictive) dietary plan that's rich in easy-to-digest carbs and proteins Recommendations for lifestyle changes that address everything from ways to boost metabolism to better sleep hygiene Personal testimonials from Vertical Diet clients; data from scientific sources; references to experts in the field, and actionable tools such as calorie calculators, shopping lists, and recipes to help explain these concepts Stan and Damon's Compliance Is the Science method to help you establish the motivation and mindset for lifelong success What you learn in these pages will allow you to make informed decisions about your diet and will enable you to approach the dieting process from a total-body perspective. Whether you are a performance athlete, a weekend warrior, or simply looking to take a step toward better health, look no further than The Vertical Diet.

[Lean Muscle Diet](#) Victory Belt Publishing

The Lean Muscle Diet Rodale

Thinner Leaner Stronger Rodale Books

Stop counting calories and transform your body while eating all the foods you love with The Everything Macro Diet Cookbook! You can finally stop counting calories and start eating foods that bring you joy! With the macro diet, no food is off limits. You can eat just about anything, just in specific portion sizes and still lose weight and gain lean muscle. The Everything Macro Diet Cookbook is an introduction to this flexible diet that can help anyone lose weight without having to avoid your favorite foods that may contain fats or carbs. Based on the simple formula that balances the daily intake of protein, fat, and carbohydrates, the macro diet is gaining in popularity as people discover they can shed pounds without feeling deprived. The Everything Macro Diet Cookbook not only includes an introduction to the diet that is changing lives, but also 300 recipes for every meal and sample meal plans to make shopping and meal prep easier than ever! This book gives you all you need to transform your body while eating what you love!

[The New Rules of Lifting Supercharged](#) Harper Collins

In her bestselling book, The Beauty Detox Solution, Kimberly Snyder—one of Hollywood's top celebrity nutritionists and beauty experts—shared the groundbreaking program that keeps her A-list clientele in red-carpet shape. Now you can get the star treatment with this guide to the top 50 beauty foods that will make you more beautiful from the inside out. Stop wasting your money on fancy, expensive beauty products and get real results, while spending less at your neighborhood grocery. — Enjoy avocados and sweet potatoes for youthful, glowing skin — Snack on pumpkin seeds for lustrous hair — Eat bananas and celery to diminish under-eye circles With over 85 recipes that taste as good as they make you look, you can finally take charge of your health and beauty—one delicious bite at a time.

The Body Fat Solution Penguin

Imagine watching pounds of fat melt away without ever feeling like you're on a diet. Imagine adding lean muscle to all the right places by doing just a few workouts per week that make you strong. And imagine realizing that your health and fitness goals—even the ones you've all but given up on—are finally within your reach. Muscle for Life will show you how. From the bestselling fitness author of Bigger Leaner Stronger and The Shredded Chef, Muscle for Life reveals a science-based blueprint for eating and exercising that anyone can follow at any age and fitness level. Based on time-proven principles produced by decades of hands-on experience and thousands of hours of scientific research, Muscle for Life will give you a plan for transforming your body faster than you ever thought possible, including: -Conquering the "mental game" of fitness. Learn to hack your habits, willpower, and mindset so your fitness regimen feels like it's on autopilot. -Harnessing the science of "flexible dieting." A whole new paradigm for eating that empowers you to forever break free of fad dieting, crash dieting, and yo-yo dieting. -Unlocking the power of strength training. The "secret" to optimizing your body composition, which is far more important for your health and image than your body weight. Whether you're a beginner looking for a lifestyle change, a lifelong athlete looking to reach the next level, or somewhere in between, Muscle for Life will show you how to look, feel, and perform your best. And frankly, it may be the last fitness book you'll ever need to read.

Lean Muscle Diet Createspace Independent Publishing Platform

The national bestseller with the ultimate program to lose body fat and build muscle—and keep the weight off for good By now, we all know that we gain fat when we take in more calories than we burn.

But we're not always rational creatures when it comes to food and exercise. Tom Venuto provides a sound plan that will help us put the brakes on overeating by pinpointing the mental roadblocks and emotional eating patterns that are preventing us from losing weight for good. Guiding readers to dig deeper, The Body Fat Solution explores: Why it is so difficult to balance calorie output with input What prevents people from eating appropriately and exercising more The emotional and psychological factors that sabotage success The Body Fat Solution shows how to personalize an eating plan that takes into account your unique metabolism and calorie needs, while offering delicious new menus. Tapping into his years of training expertise and personal experience, Venuto helps readers change their relationship with food, empowers them to take charge of their lives, and delivers a program that promises dramatic and permanent results.

The New Rules of Lifting for Women Harlequin

Forget about your BREAKFAST and all that you already know about either weight loss or dieting for a while and get to know intermittent fasting! INTERMITTENT FASTING: Discover Effortless Abs Diet giving you greater Mental toughness, quick Fat Loss with no Cardio, enabling Lean Muscle-Building! This book will show you how to: - Adapt to intermittent fasting the best way possible- Practice intermittent fasting in a safe way- Avoid useless time spent on the long cardio workouts without no significant fat decrease!- Eat until you are fully satiated while still losing fat!- Get that dreamy six pack, lean waist more defined jaw line and ideal body curves! This book will further: - Introduce to you intermittent fasting as one of the world's oldest ways of dieting - not only for an incredibly quick fat loss, building a great amount of dense and lean muscle, but for better health, eye vision and brain power!- Spare you countless hours spent in the gym working out your abs, running on the treadmill or jogging outside!- Give back your free time spent on countless hours having to prepare your meals, shake and do cardio!- Equip you with an ultra strong willpower! You can either wait and procrastinate or select the "DOWNLOAD" BUTTON and discover a more efficient way and finally build the body you want! What can you expect in the Chapters 1-13: - Chapter 1: Benefits and side effects of fasting- Chapter 2: Spiritual side of dieting- Chapter 3: The main idea of fasting- Chapter 4: Practicality of fasting- Chapter 5: Fasting and caffeine- Chapter 6: Drinking enough water- Chapter 7: Strategies on having your 1st and last meal after your fasting period- Chapter 8: Intermittent fasting and cardio- Chapter 9: Intermittent fasting and working out- Chapter 10: How does fat loss work?- Chapter 11: Macronutrients and calorie calculator- Chapter 12: Abs- Chapter 13: BONUS: 3D abs workout Regular price \$6.99 - grab it for a discounted price! Limited time only!

The Everything Macro Diet Cookbook Penguin

Shawn Baker's Carnivore Diet is a revolutionary, paradigm-breaking nutritional strategy that takes contemporary dietary theory and dumps it on its head. It breaks just about all the "rules" and delivers outstanding results. At its heart is a focus on simplicity rather than complexity, subtraction rather than addition, making this an incredibly effective diet that is also easy to follow. The Carnivore Diet reviews some of the supporting evolutionary, historical, and nutritional science that gives us clues as to why so many people are having great success with this meat-focused way of eating. It highlights dramatic real-world transformations experienced by people of all types.

Common disease conditions that are often thought to be lifelong and progressive are often reversed on this diet, and in this book, Baker discusses some of the theory behind that phenomenon as well. It outlines a comprehensive strategy for incorporating the Carnivore Diet as a tool or a lifelong eating style, and Baker offers a thorough discussion of the most common misconceptions about this diet and the problems people have when transitioning to it.

The Whole Body Reset Harmony

A no-nonsense plan that has been proven and tested by more than 300,000 people in 154 countries. Whether you want to shed 10 pounds or 100, whether you want to build muscle or just look more toned, this book is the original "bible of fitness" that shows you how to get permanent results the safe, healthy, and natural way. Do you want to shed fat and sculpt a new body shape at the same time? Do you want a program without gimmicks, hype, or quick fixes? Do you want a program guaranteed to work, no matter how old you are or what kind of shape you're in now? For twenty-five years, industry veteran and bestselling author Tom Venuto has built a reputation as one of the world's most respected fat-loss experts. In Burn the Fat, Feed the Muscle—known by fans as "the bible of fat loss"—Tom reveals the body transformation secrets of the leanest people in the world. This is not a diet and it's not just a weight-loss program; this is a breakthrough system to change your life and get you leaner, stronger, fitter, and healthier with the latest discoveries in exercise and nutrition science. Inside, you'll discover: - The simple but powerful LEAN formula, revealing the four crucial elements of body transformation success. - The New Body 28 (TNB-28): a four-week training plan for sculpting lean muscle, plus a quick start primer workout perfect for beginners - A lifestyle program that's more flexible and easier than ever to follow, even if you are busy, have dietary restrictions, or have never worked out before. - The motivation strategies it takes to stick with your plan. Burn the Fat, Feed the Muscle is not about getting as ripped as a fitness model or becoming a bodybuilder like Tom did (unless you want to); it's about using their secrets to achieve your own personal goals. You are sure to call it your fitness bible for many years to come.

[The Lean Look](#) Harlequin

Mention the name Bill Phillips to any of the people he's helped transform and you will see their faces light up with appreciation and respect. 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 Bill Phillips and, with his help, have regained control of their bodies and their lives. When you begin to apply the information in this book, you will be proving to yourself that astounding changes are within your grasp too. And, you will discover Body – for – LIFE is much more than a book about physical fitness ?t's a gateway to a new and better life, a life of rewarding and fulfilling moments, perhaps more spectacular than you've ever dared to dream before. Within 12 weeks, you too are going to know ?ot believe, but know : that the transformation you've created with your body is merely an example of the power you have to transform everything else in your world. In language that is vivid and down – to – earth, Bill Phillips guides you, step by step, through the integrated Body – for – LIFE Program, which reveals: How to lose fat and increase your strength by exercising less, not more; How to tap into an endless source of energy by living with the Power MindsetTM; How to create more time for everything meaningful in your life; How to trade hours of aerobics for minutes of weight training ?ith dramatic results; How to make continual progress by using the High – Point TechniqueTM; How to feed your muscles while starving fat with the Nutrition – for – LIFE MethodTM; How thousands of ordinary people have now become extraordinary and how you can, too; How to gain control of your body and life, once and for all. The principles of the Body – for – LIFE Program are surprisingly simple but remarkably powerful. So allow yourself to experience the force of the information in this book, 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.

The Lean Body Promise Weight a Bit

#1 NEW YORK TIMES BESTSELLER • The game-changing author of Tribe of Mentors teaches you how to reach your peak physical potential with minimum effort. “ A practical crash course in how to reinvent yourself. ” —Kevin Kelly, Wired Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing? Indeed, and much more. The 4-Hour Body is the result of an obsessive quest, spanning more than a decade, to hack the human body using data science. It contains the collective wisdom of hundreds of elite athletes, dozens of MDs, and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss fixated on one life-changing question: For all things physical, what are the tiniest changes that produce the biggest results? Thousands of tests later, this book contains the answers for both men and women. It's the wisdom Tim used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it's all here, and it all works. You will learn (in less than 30 minutes each): • How to lose those last 5-10 pounds (or 100+ pounds) with odd combinations of food and safe chemical cocktails • How to prevent fat gain while bingeing over the weekend or the holidays • How to sleep 2 hours per day and feel fully rested • How to produce 15-minute female orgasms • How to triple testosterone and double sperm count • How to go from running 5 kilometers to 50 kilometers in 12 weeks • How to reverse “ permanent ” injuries • How to pay for a beach vacation with one hospital visit And that's just the tip of the iceberg. There are more than 50 topics covered, all with real-world experiments, many including more than 200 test subjects. You don't need better genetics or more exercise. You need immediate results that compel you to continue. That's exactly what The 4-Hour Body delivers.