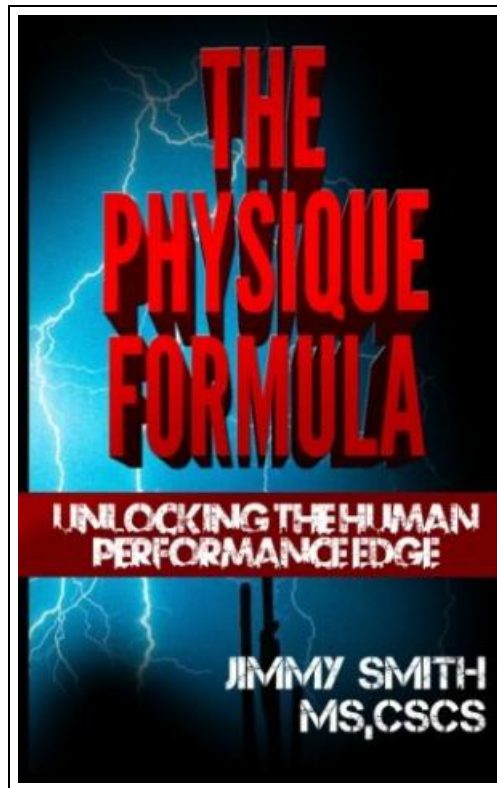


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Reviews

It is one of the best books. Indeed, it really is a play, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Sofia Yundt)

THE PHYSIQUE FORMULA: UNLOCKING THE HUMAN PERFORMANCE EDGE NATURALL (PAPERBACK)

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Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Who else wants to be leaner, faster, stronger and healthier? Can the average everyday Joe or Jane ever. Achieve their personal lowest body fat percentage in their 40 s? Build more lean muscle in their late 30 s than they had in their 20 s? Reduce their joint pain so they feel and move better than their children? Of course! Can they achieve that by eating the majority of their carbohydrates at night? You bet! Can they do ALL of the above without counting calories, using crash diets or restricting food groups? Absolutely! Simply put, The Physique Formula makes the impossible seem routine every day because it s just another, me too, nutrition and diet book. The Physique Formula is a culmination of one man s tireless journey over a decade to unlock the human performance edge, naturally. Inside you ll find closely guarded nutrition secrets that the world s elite athletes use daily for less fat, more muscle and energy, better sleep and a longer life. Well known nutrition expert and consultant to professional athletes, popular blogger respected author Jimmy Smith goes outside the lines and ignores the tired and outdated assumed concepts of what nutrition should be. Jimmy challenges the outdated, boring and restrictive diets of the past in order to answer a single question. How can I help the average every day 9-5er achieve the body of a world class athlete? After traveling around the world to speak with top experts in the fields of nutrition, supplementation, recovery, fitness and hormones, Jimmy has distilled the information down to this easy to follow guide. This book contains the simple to follow plan for both men and women to achieve extraordinary results....



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