



The Better Man Project

By Bill Phillips

Rodale Press Inc. Hardback. Book Condition: new. BRAND NEW, The Better Man Project, Bill Phillips, In response to its readers' calls for more health content in the manner that they've come to expect from Men's Health, here is straightforward, personal information delivered with a double-shot of humour. Baby boomers and millennials alike will respond to the promise of leaner, stronger, healthier longevity. Features include: health and fitness self-tests so readers see how they measure up to other guys their age; a decade-by-decade cheat sheet for diagnostic tests men must have; special reports on testosterone supplementation, telomere protection, reversing diabetes and heart disease, and preventing dementia; a troubleshooter's guide to common ailments and quick fixes; a simple plan for losing weight and preserving muscle mass; answers to 50 questions men are afraid to ask their doctors. Readers who seize this moment and follow the world-class tips in this book can expect the next 40, 50, or more years of their lives to be the most active, fun, and satisfying ever.



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