

The Whole Man Program: Reinvigorating Your Body, Mind, and Spirit After 40



Filesize: 9.26 MB

Reviews

An exceptional ebook along with the typeface employed was intriguing to see. It really is simplistic but surprises within the fifty percent of the ebook. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Brian Miller)

THE WHOLE MAN PROGRAM: REINVIGORATING YOUR BODY, MIND, AND SPIRIT AFTER 40



Wiley. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.8in. x 5.7in. x 0.8in. The perfect gift for every man over 40. -Michael Gurian Rich with solutions to becoming a whole man. -Warren Farrell, Ph. D. , author of *Why Men Are the Way They Are* In *The Whole Man Program*, Jed Diamond treads fearlessly into the new territory of what it means to be a healthy man. This book guides and inspires you to make more conscious choices that will enhance your body, mind, and soul. -David Simon, M. D. , Medical Director of the Chopra Center for Well Being, author of the Nautilus Award-winning *Vital Energy* and *Return to Wholeness*, and coauthor of *The Chopra Center Cookbook* You can take positive steps toward improving your health and maximizing your passion, productivity, and purpose. Written by the bestselling author of *Male Menopause* and based on the latest breakthrough information, *The Whole Man Program* offers proven techniques that will help you reach a whole new level of physical, emotional, and spiritual health. You'll learn how to lose weight and meet specific fitness goals; prevent heart disease, cancer, depression, and other diseases; put life and love back into your sex life; find your calling and be happy with your work life; and achieve new levels of energy and vitality-and have fun while you're doing it. So get with the program-start reading *The Whole Man Program* today and feel better than ever. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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