



Mastering the Life Plan: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body

Jeffry S. Life M.D. Ph.D.

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As both a “next step” and a “jumpstart” to Dr. Jeffry Life’s *New York Times* bestselling health plan for men, this is an easy-to-follow primer from an author whose message is “life-changing” (Suzanne Somers).

In his *New York Times* bestseller, *The Life Plan*, Jeffry Life combined proven science with an appealing message—it’s never too late to transform your body. Today, at seventy-five years of age, with an unbelievably toned torso and biceps that even a twenty-something would envy, he’s living proof that his program of exercise, nutrition, and hormone optimization has extraordinarily powerful and lasting results.

In *Mastering the Life Plan*, Dr. Life distills this bestselling program into a simpler format that men of any age can customize for their individual needs. Offering new exercises in all fitness domains, meal plans and recipes that make weight loss a breeze, the latest information on hormone optimization, new success stories, and much, much more, this book is the key to achieving a happy, youthful, sexually satisfying life. And for those who already follow his regimen, Dr. Life offers groundbreaking new advice for the “next step.”

Mastering the Life Plan is essential for every man looking to take charge of his health now and for the future. Says entrepreneur and life coach Anthony Robbins, “Dr. Life lives and breathes a paradigm of health, vitality, and fitness—men everywhere would be smart to follow his example.”

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