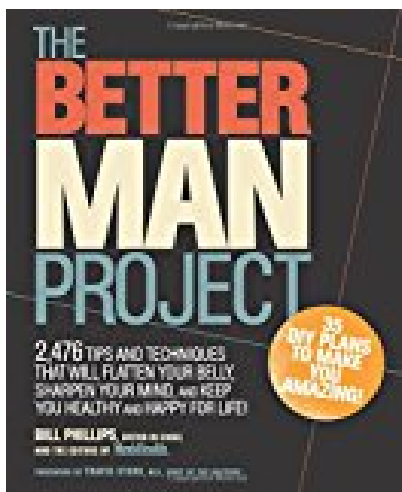


# The Better Man Project 2 476 tips and techniques that will flatten your belly sharpen your mind and keep you healthy and happy for life!

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## BOOK DETAILS

- Author : Bill Phillips
- Pages : 352 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1623365554

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## BOOK SYNOPSIS

Men take better care of their cars than they do their own bodies, finding health information too technical, scary, or boring. Written and designed in a guy-friendly manner--think of a cross between an owners manual to a vintage muscle car and a Boy Scout handbook--The Better Man Project aims to change that with a practical health guide to help men achieve the holy grail of a well-lived life. In response to its readers calls for more health content in the manner that theyve come to expect from Mens Health, here is straightforward, personal information delivered with a double-shot of humor. 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-b-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 troubleshooters 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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