



Feeding the Active Body: How to Look Good, Feel Good and Progress Beyond Your Wildest Dreams

By Gary Walsh

Lulu.com, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In the twenty-first century and living in the land of plenty, as you probably are if you're reading this book, you have many and varied temptations leading you away from good feeding habits. You are constantly bombarded by the food industry wanting to make a profit with never a thought for your health or physique. They want your money. Your body is your responsibility. However, congratulations are in order. By starting to read this book, you have taken an important step towards achieving a leaner, healthier body. You are about to read a cut-the-crap version of how to eat for maximising your fitness and having optimum energy levels. If you are serious about enhancing your physique and being healthier and fitter all at the same time, you need to know how to feed your body to progress beyond your wildest dreams.

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