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Fabulously Fit Forever

Frank Zane

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Fabulously Fit Forever Frank Zane
Fabulously Fit Forever Expanded (revised 2nd edition) is a detailed instructional exercise guide for men and women of all ages and fitness levels. But it is more than a book about lifting weights, stretching, and aerobics. Frank gives intimate details of his personal struggles which led him to the pinnacle of competitive bodybuilding and then beyond it into an exploration of mind/body interaction. You will learn how to use motivation, stress reduction, visualization, and deep relaxation techniques along with sensible nutrition to slow down the aging process, improve sleep, prevent and heal injuries, and enhance sexuality.

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Carol Sage:

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