



Do or Die: The Baby-Boomer Man s Guide to Regaining Health, Happiness, Vitality, and a Longer, Fuller Life. (Paperback)

By Jim McFarland

iUniverse, United States, 2005. Paperback. Book Condition: New. 226 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Do or Die is designed exclusively to help baby-boomer men restore health, vitality, happiness, and longevity through fitness, faith, and food. Do or Die explains how to get out of denial and discover the inspiration and willpower to create life-changing renewal and a healthy lifestyle. Do or Die reviews seven midlife chronic conditions that reduce life expectancy and life quality. Author Jim McFarland calls these pathways to middle-aged male destruction. Based on his personal experiences and years of extensive research, Do or Die offers numerous strategies and ideas for exercise, weight management, nutrition, and life balance. McFarland s advice will help you: Start defeating the vicious grip of denial Recognize how to rebuild your self-esteem Understand how to lose weight Learn how good nutrition and exercise will help lower your cholesterol and your risk of type two diabetes and heart disease Understand how to take responsibility for your health Learn how to avoid injuries when exercising Discover the importance of using a heart rate monitor for all fitness training Do or Die will guide you in writing a...



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Reviews

Complete guide! Its such a great study. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Dr. Hermann Marvin PhD**

This written publication is wonderful. It is rally fascinating throug reading period. I discovered this book from my dad and i suggested this publication to find out.

-- **Keshaun Daugherty**

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