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LL Cool J's Platinum 360 Diet and Lifestyle: A Full-Circle Guide to Developing Your Mind, Body, and Soul

LL Cool J, Chris Palmer, Jim Stoppani, David Honig

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LL Cool J's Platinum 360 Diet and Lifestyle: A Full-Circle Guide to Developing Your Mind, Body, and Soul LL Cool J, Chris Palmer, Jim Stoppani, David Honig

The Grammy Award-winning rapper and bestselling author shares his secrets to an enviable physique, personal success, and hard-earned peace of mind.

How does one of Hollywood's fittest performers stay lean, buff, and balanced? *LL Cool J's Platinum 360 Diet and Lifestyle* plan covers all the bases for a camera-ready physique and a healthy outlook in life.

A *New York Times* bestseller, this program includes:

- step-by-step instructions for nearly 100 supereffective exercises
- graduated workout plans that keep one's muscles--and metabolism--operating at their peak
- week-by-week food plans with the perfect balance of micronutrients for each stage of training-dozens of delicious recipes

With this three-point approach to diet, fitness, and positive thinking, LL Cool J's growing legion of fans can get cut, get lean, and become the very best versions of themselves.

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Is it anyone who having spare time then spend it whole day through watching television programs or just resting on the bed? Do you need something totally new? This LL Cool J's Platinum 360 Diet and Lifestyle: A Full-Circle Guide to Developing Your Mind, Body, and Soul can be the solution, oh how comes? A fresh book you know. You are thus out of date, spending your time by reading in this fresh era is common not a nerd activity. So what these books have than the others?

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