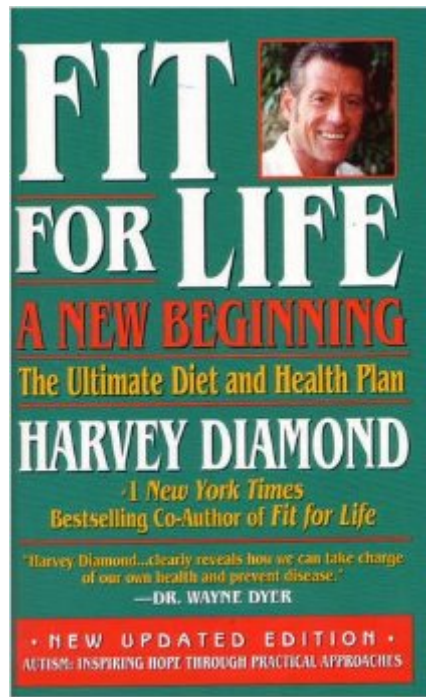


The book was found

Fit For Life



Synopsis

Backed by a new infomercial and extensive author promotion, this updated, repackaged edition of a bestselling diet book features more than 60 pages of timely new material to bring good health and weight loss to a brand-new audience.

Book Information

Mass Market Paperback: 416 pages

Publisher: Kensington; Upd Rev edition (January 1, 2011)

Language: English

ISBN-10: 0758263287

ISBN-13: 978-0758263285

Product Dimensions: 4.2 x 1.1 x 6.8 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (418 customer reviews)

Best Sellers Rank: #27,885 in Books (See Top 100 in Books) #63 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#) #580 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

I remember how I discovered the Diamonds' books. It's was in the mid 1980's and I was watching the Merv Griffin Show. I was about 18 years old at the time. Harvey and his wife were on the show doing P.R. for their new book, Fit For life. As I listened to them, and saw their happiness and health and excitement, I felt a positive feeling about what they were saying. Something just clicked in my heart and I new it was something I should check into. At that time, I was always tired, out of shape, eating the Standard American Diet (which initials by the way are SAD) I knew that I needed something, and this was it. I was so excited. The very next day I got their book and read it cover to cover 3 times and highlighted parts that I wanted to remember. For about 6 years, I practiced the Diamonds' Methods. I stopped eating meat and dairy products, and threw out all of my white flower products and ate whole grains, fresh vegetables and fruits, Basically a vegetarian diet. Reading the Diamonds book was the catalyst that drove me deeper into a natural way of living. My whole life changed because of the Diamonds book, and for that I am eternally grateful. I started going to health food stores, making new healthy friends, reading books on natural living. Now, you have to remember, this was back in 1985 or so. Back then the fitness craze and "health food" was not as big as it is now. Many people back then thought health food people were "nuts". However, I didn't care,

I felt like I had discovered something that nobody else new, and I was enlightened. For 6 years I lived the natural hygiene way. I also joined a gym and began working out 5 days a week (mostly aerobic type exercises, I new nothing about weights then) .

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