The book was found

Fit For Life

DOWNLOAD EBOOK
Synopsis
Backed by a new informercial 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
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 Â See all reviews (418 customer reviews)
Best Sellers Rank: #27,885 in Books (See Top 100 in Books) #63 in Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #580 in 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 knew nothing about weights then).

Download to continue reading...

Get Fit, Stay Fit Alkaline Diet: How to Lose Weight, Get Fit, Detox Naturally, Balance Your pH, and Be Healthy For Life with the Alkaline Diet (Cookbook, Recipes, and Smoothies) Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes That Fit Your Blood Type (Blood Type Diet & Low Cholesterol) Be Fit for Life Series Body and Soul: A Girl's Guide to a Fit, Fun and Fabulous Life Fit For Life Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1) Extreme Weight Loss: Hypnosis and Affirmations Bundle to Lose Weight Fast, Get Motivated and Stay Fit for Life Lose Weight Fast: Hypnosis for Extreme Weight Loss and Staying Fit for Life via Beach Hypnosis and Meditation Fight Fat After Forty: The Revolutionary Three-Pronged Approach That Will Break Your Stress-Fat Cycle and Make You Healthy, Fit, and Trim for Life Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) Do Your Bit to Be Physically Fit! (Healthy Habits for a Lifetime) Summer Fit Second to Third Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition and Values Summer Fit Kindergarten to First Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition and Values Summer Fit Third to Fourth Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition and Values Summer Fit Fourth to Fifth Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition and Values Summer Fit Fifth to Sixth Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition and Values PokéGo Fitness: Secrets to Dropping Weight and Getting Fit with PokéGo The NEW Knitter’s Template: Your Guide to Custom Fit and Style Eat Yourself Fit: Make Your Workout Work Harder