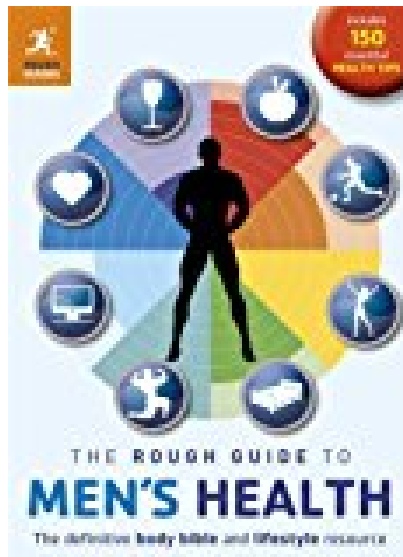


The Rough Guide to Mens Health 2nd edition



BOOK DETAILS

- Author : Lloyd Bradley
- Pages : 400 Pages
- Publisher : Rough Guides
- Language : English
- ISBN : 1409362639

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BOOK SYNOPSIS

Spiralling work stress, junk food overload, and makeover madness all make staying healthy seem a taller order than ever before. The Rough Guide to Mens Health provides you with everything you need to know to ensure your lifestyle isnt at war with your health. Avoiding flabby waffle and well being puritanism, features include: - Wherever, whenever - down-to-earth health advice whether you are in the kitchen, the bedroom, the gym, out on the town or simply looking in the mirror; - How to improve performance - life coach strategies aimed at optimizing your outlook so you can feel your best every day; - Wear and tear - identifying the causes of health problems and what to do about them, with "how it works" features on key problem areas like the back and gut and how to cope with sports injuries, and; - Tooling up: getting back into shape, sex and relationships, returning to work, and staying sane plus the low down on supplements. Now available in ePub format

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