



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

Dave Honig, LL COOL J, Chris Palmer, Jim Stoppani

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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 in hardcover, 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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People live in this new day time of lifestyle always try to and must have the extra time or they will get lots of stress from both way of life and work. So , if we ask do people have spare time, we will say absolutely yes. People is human not a robot. Then we inquire again, what kind of activity are you experiencing when the spare time coming to you of course your answer may unlimited right. Then do you try this one, reading publications. It can be your alternative with spending your spare time, often the book you have read is definitely LL Cool J's Platinum 360 Diet and Lifestyle: A Full-Circle Guide to Developing Your Mind, Body, and Soul.

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