



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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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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The actual book LL Cool J's Platinum 360 Diet and Lifestyle: A Full-Circle Guide to Developing Your Mind, Body, and Soul will bring you to the new experience of reading the book. The author style to clarify the idea is very unique. In the event you try to find new book to learn, this book very suited to you. The book LL Cool J's Platinum 360 Diet and Lifestyle: A Full-Circle Guide to Developing Your Mind, Body, and Soul is much recommended to you to study. You can also get the e-book from the official web site, so you can more easily to read the book.

Brian Ramos:

Exactly why? Because this LL Cool J's Platinum 360 Diet and Lifestyle: A Full-Circle Guide to Developing Your Mind, Body, and Soul is an unordinary book that the inside of the book waiting for you to snap it but latter it will surprise you with the secret that inside. Reading this book beside it was fantastic author who else write the book in such incredible way makes the content inside easier to understand, entertaining method but still convey the meaning fully. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of positive aspects than the other book have got such as help improving your talent and your critical thinking method. So , still want to postpone having that book? If I were being you I will go to the e-book store hurriedly.

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Keiko Whitchurch:

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