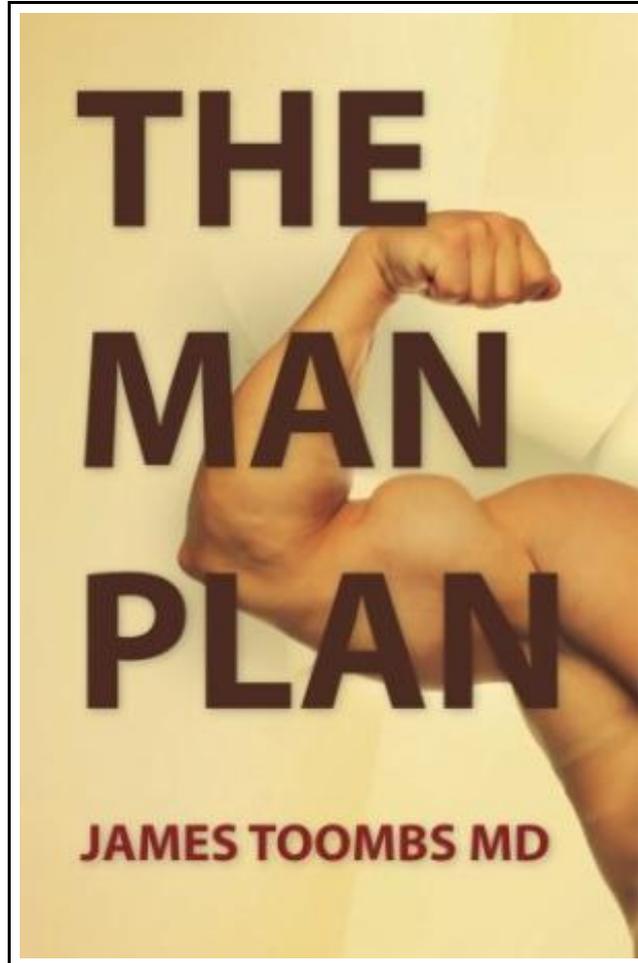


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Reviews

Totally one of the best publication I have got ever go through. It really is packed with knowledge and wisdom I discovered this pdf from my dad and i recommended this book to discover.
(Madisyn Kuhlman)

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Createspace, United States, 2012. Paperback. Book Condition: New. 213 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.I made it to age 40 without a concrete plan on how to stay fit and I am a doctor. Like most American men, I had chosen a fat, sedentary lifestyle, one that universally rewards males with bellies, boobs, diabetes and erectile dysfunction. Residency and fellowship had taken their toll. With weight ballooning and fitness plummeting, I was headed down this path. Then the world turned. In February 2004, I received a call from the Army. The message was simple: Once I finished fellowship in September, I would be headed to Iraq as a field surgeon. Professionally, I was prepared. Physically, I was a marshmallow. With deployment looming, I needed to get back in shape. In 2004, Iraq was still a shooting war and doctors were expected to move out with the troops. The advance warning gave me six months to lose my ample belly. Easy I thought I ll just start working out again and promptly made every beginner s mistakes. I overestimated the caloric value of jogging and weightlifting and underestimated the impact of my eating habits. For two months, nothing budged. Despite eight years of medical education, I was failing in this basic task. Through trial and error and more error, I did get fit. In Iraq, I kept with it, lifting and running nearly every day. After serving, I returned home to the same time crunches any man faces: work, home, family. Without two hours to linger at the gym, I needed to modify my program so it was efficient but still effective. What does a good doctor do? Research! Immediately, I discovered the usual sources for fitness information were little more than anecdotes,...



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