



The Better Man Project: 2,476 tips and techniques that will flatten your belly, sharpen your mind, and keep you healthy and happy for life!

Bill Phillips

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Men take better care of their cars than they do their own bodies, finding health information too technical, scary, or boring. Written and designed in a guy-friendly manner--think of a cross between an owner's manual to a vintage muscle car and a Boy Scout handbook--*The Better Man Project* aims to change that with a practical health guide to help men achieve the holy grail of a well-lived life.

In response to its readers' calls for more health content in the manner that they've come to expect from *Men's Health*, here is straightforward, personal information delivered with a double-shot of humor. Baby boomers and millennials alike will respond to the promise of leaner, stronger, healthier longevity. Features include:

- Health and fitness self-tests so readers see how they measure up to other guys their age
- A decade-by-decade cheat sheet for diagnostic tests men must have
- Special reports on testosterone supplementation, telomere protection, reversing diabetes and heart disease, and preventing dementia
- A troubleshooter's guide to common ailments and quick fixes
- A simple plan for losing weight and preserving muscle mass
- Answers to 50 questions men are afraid to ask their doctors

Readers who seize this moment and follow the world-class tips in this book can expect the next 40, 50, or more years of their lives to be the most active, fun, and satisfying ever.

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From reader reviews:

Linda Cunningham:

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