



# **The Male Body: An Owner's Manual: The Ultimate Head-to-Toe Guide to Staying Healthy and Fit for Life**

*Kenneth Winston Caine, Perry Garfinkel, The Editors of Men's Health Books*

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Never miss a day again!

Physically strong. Mentally tough. Sexually powerful. Disease resistant. Energized. Reliable. This is how a man defines good health. And the knowledge to achieve it all is in your hands right now.

*The Male Body: An Owner's Manual* is the first book ever to offer all the tools and methods a man needs to live longer, stronger, healthier and wiser. The writers and editors of Men's Health Books consulted with more than 350 top experts to put together the most comprehensive guide possible for taking control of a man's health and well-being. Inside you'll find:

- \* A complete weight-training guide for fitness and health
- \* Proven methods for beating stress, fatigue and mental burnout
- \* Exercises, foods and lifestyle techniques for keeping every single body part healthy and injury-free
- \* Frank advice on improving your sexual performance
- \* The medical tests every man must have done, and when
- \* Simple ways to drastically reduce your chances of cancer or heart disease
- \* Surprising tricks to improve your hearing, sight, smell, sleep, even your fingertip sensitivity
- \* The right way to shake a hand, trim a beard, clip a nail, even pick clothes for your particular body type

Written in the style and tone of America's most popular men's magazine, and illustrated with more than 200 photos and drawings, *The Male Body: An Owner's Manual* is an essential resource for any man who values his health and life.

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Exactly why? Because this The Male Body: An Owner's Manual: The Ultimate Head-to-Toe Guide to Staying Healthy and Fit for Life is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will zap you with the secret this inside. Reading this book next to it was fantastic author who also write the book in such wonderful way makes the content within easier to understand, entertaining means but still convey the meaning totally. So , it is good for you for not hesitating having this ever again or you going to regret it. This unique book will give you a lot of positive aspects than the other book possess such as help improving your talent and your critical thinking technique. So , still want to hold up having that book? If I have been you I will go to the guide store hurriedly.

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