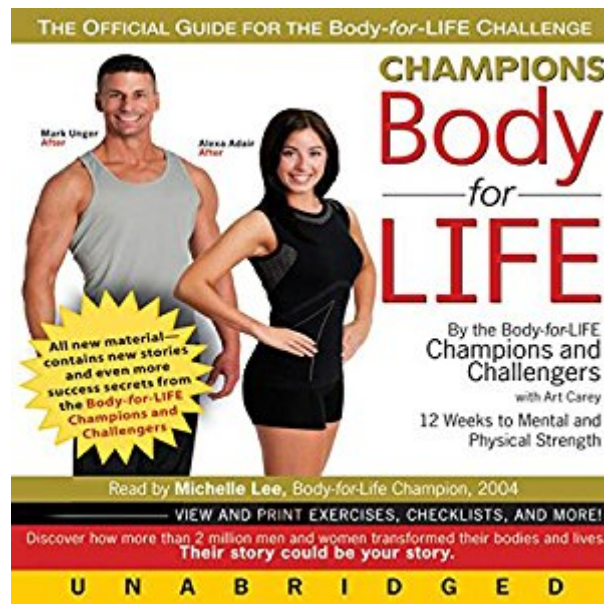


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# Champions Body-for-LIFE



## Synopsis

The all-new official guide to the Body-for-LIFE Challenge, with success secrets and tips to help you win your own personal Body-for-LIFE Challenge, by Body-for-LIFE Challengers and Champions from the past 10 years. Champions Body-for-LIFE is not just another diet or fitness book - it's a book of personal transformation. The Body-for-LIFE 12-week journey has changed the lives of millions. What makes it so successful? It's Simple. It works. All it takes: 12 weeks; 4 hours of exercise per week; 6 small, balanced, and nutritious meals per day - never be hungry again. Now, Body-for-LIFE Champions and Challengers share how they created new and better lives for themselves, simply by following these three rules: 1. Know your reasons for changing (Chapter 2) 2. Write them down (Chapter 3) 3. Get started (Chapter 4) You do have the power to change your body, your mind, your life. Hear how men and women become Champions as you follow the 12-week story of two Body-for-LIFE Challengers. Mark Unger, a major in the U.S. Marine Corps, and Alexa Adair, a college student, share their personal Journeys of Transformation - from their Decisive Moments, to Starting the Challenge, Week 12, and a year later. Week by week, they chronicle the excitement, the tough moments, and the life-transforming experience of finishing their own personal Challenges. Champions Body-for-LIFE is for everyone - whether you're starting your first Body-for-LIFE Challenge or your fourth.

## Book Information

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## Customer Reviews

I have completed the Body-for-Life challenge several times and have made it a way of life, so I was really excited when I saw that this book was coming out and I pre-ordered it. While it has some

useful advice spoken by people who have completed the challenge, and the success stories are really cool and inspiring, the book felt more like it was Abbott Laboratories' way of highjacking Bill Phillips' original book and trying to reestablish themselves as the authorities on Body-for-life. Some of the ridiculous "we, the good people at Abbott Laboratories" rants (like that found on page 9) really take away from the heart of the original and sound more like one of Troy McClure's lines from "The Simpsons". Order this book if you feel that you might benefit from hearing the stories of others who have completed the challenge (which you can get for free online), and you are confident you can look past Abbott's silly positioning. Otherwise, Bill Phillips' original gives you everything you need to succeed, and will ALWAYS be the official guide to me.

I love Body for Life- the program , the original book, Eating for Life, the Muscle Media articles about the winners. I can never get enough of the success stories so I was so excited to see this book come out. But right off the bat I was disappointed. What was so amazing in the original was the photos! In this book, the pictures are so small for the most part and the quality of most of them are like bad black and white photo copies. If you've ever had to make a copy of your driver's license you get the picture. You can hardly make out the people. What's that all about? Did no one look at a proof before it went to print? I missed Bill Phillip's style and felt like someone was riding his coat tails, trying to re create another hit by paraphrasing the original. The input from the champions was the only reason to buy the book, and I felt they kind of glossed over that. I was expecting much more information. As mentioned in a previous review, most of what is in the book is online. As far as following people through the program, I would have liked to have followed a woman through the program instead of a teenager that actually looked pretty good to begin with. Not knocking her hard work but I personally would have been more inspired by someone who had more of a challenge. It could have been done so much better. You can tell the personal passion for a great book was missing. It just left me wanting more. I pulled out the original and re read it and was not disappointed. I'm giving it three stars only for the true champions whose stories are portrayed and mildly highlighted. I still would like to hear more of your stories. You all deserve so much more than what this book delivered!

This book is one HUGE advertisement ploy. Nothing more!! returned this piece of junk after reading through it. What a joke and insult to the real BFL! The original Body For Life by Bill Phillips is all you need. Eating For Life is an excellent book of recipes and BFL for Women by Dr. Pamela Peake is great for a more fine tuned approach for the ladies...but I whole-heartedly disagree with the diets

she recommends in her book. It is all carbs, and minimal protein. A great way to create weak, ill women. The BFL book has the better dietary approach in my opinion. Skip this piece of garbage and get the original book!

Where was this book when I did my first challenge? It's obvious this book is meant to be a companion to Bill Phillips' Body for Life not a replacement. Body for Life gives you the tools to get started, Challengers Body for Life gives you tools as well, but it also helps you understand what you're going thru week by week is common. There is humour in the book that you may not understand unless you're a Body for Lifer, but you will quickly appreciate as you go follow a 12 week challenge period. Some of the editing is a little subpar and now that Abbot owns EAS and Body for Life, it stands to reason they would have a say in the book as they are a business and have a right to make a profit. I am half way through the book and will add a follow up when I'm completely done. Thus far, it is an excellent and necessary companion to your BFL book.

I was looking forward to this book because I'd been told it would "fill in the blanks," and address unanswered questions from the original Body for Life book. I'm happy to say Champions Body for Life does that. While the original book is excellent, those completing their 12-week challenges often find there are lots of questions that go unanswered in the book. Champions Body for Life addresses most of these. There is much wisdom to be gained from hearing how current/former champions overcame hurdles that MANY "BFLers" face in their own transformations. I appreciated their input and found it really helpful. I'd recommend this book as a great supplement to the original book (by the way, nothing about the original Body for Life program is changed in this book...it's the same plan for transformation, with extra nuggets of info and wisdom). It helps to hear success stories from as many REAL-LIFE people as possible when you are seeking your own 12-week transformation!

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