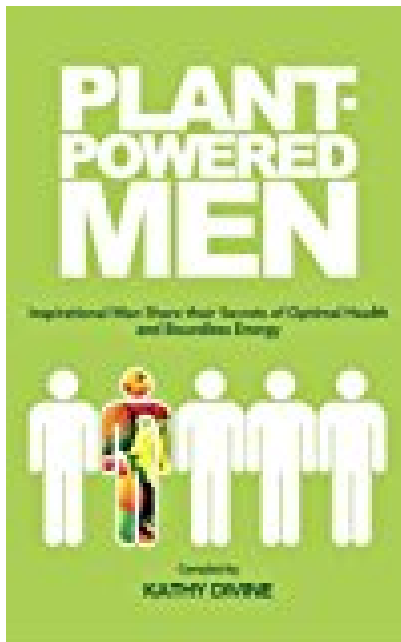


Plant-powered Men Inspirational Men Share their Secrets of Optimal Health and Boundless Energy



BOOK DETAILS

- Author : Kathy Divine
- Pages : 200 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
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BOOK SYNOPSIS

Plant-powered Men is a collection of interviews and papers written by men from around the world who are passionate about living a plant-powered lifestyle. This book is for anyone who wants to increase their strength, endurance, performance and energy. If you are interested in getting the edge in fitness training and competition or simply having greater health and energy to enjoy life, Plant-powered Men will inspire and motivate you to achieve your goals and highest potential. This book is written by men for men. It is full of examples of strong, healthy men who are absolutely thriving on a plant-powered diet, the way nature intended. Plant-powered Men includes recipes, fitness tips, nutrition information and practical ways to transition to a plant-powered diet. It is also motivational in nature and the perfect book for someone who is curious about getting into the plant-powered way of life. This book will give you the confidence to take the next step and make a successful transition. Plant-powered Men - Happier, healthier, stronger

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