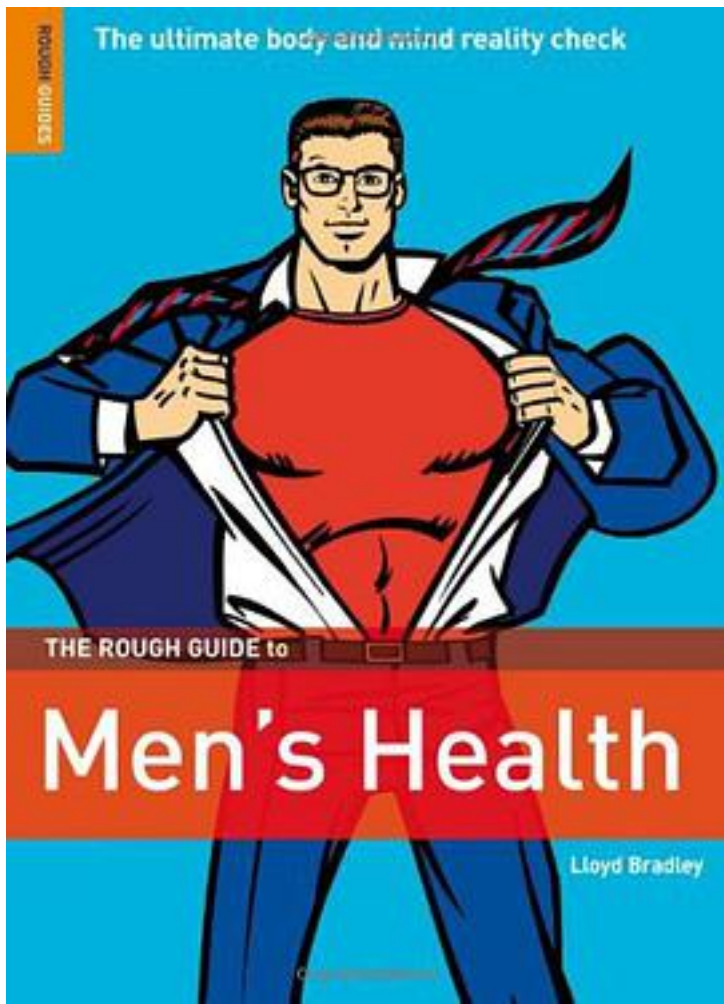


The Rough Guide to Men's Health 1



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著者:Lloyd Bradley

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The Rough Guide to Men's Health takes a quirky and informative look at the health and well-being of men – and no, it's not just a “turn your head and cough” book of

disease and diagnosis, but rather a complete guide on how to look and feel great. Avoiding both flabby waffle and well-being puritanism, it features down-to-earth health advice whether you are in the kitchen, the bedroom, the gym, out on the town or simply looking in the mirror. Find out how to improve performance with life coach strategies; how to identify the causes of health problems with key features on the back and gut; the best investments to consider in the fight for fitness; and those myths about health that can be safely ignored. Written by men's health and fitness expert Lloyd Bradley, who along with his panel of experts provides the ultimate men's health lowdown on how to make the most of your life with the body you have. And because we know how important it is these days, there is a huge section on looks and how to improve them! The Rough Guide to Men's Health provides you with everything you need to know to ensure your lifestyle isn't at war with your health.

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目录:

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