



Your Best Body at 40+: The 4-Week Plan to Get Back in Shape--and Stay Fit Forever!

The Editors of Men's Health

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Discover the secrets to the fittest, healthiest, wealthiest years of your life!

The decade of your 40s is "the crucial decade"--the greatest opportunity you'll ever have to shed pounds, build new muscle, and discover a leaner, fitter, happier you. Revolutionary new science shows that you can build and maintain your best body ever--and outlive, outwit, and outlast men half your age--if you tap into the special powers of you in your prime.

That's why we've created *Your Best Body at 40+*, your step-by-step guide to meaningful and lasting changes that will sculpt your body and prepare you for the prime of your life.

Looking and feeling 10 years younger is within your grasp! Here's what you can expect to gain in as little as 4 weeks:

- You will build muscle and lose up to 15 pounds of flab. We'll tell you why it's easier now than ever!
- You will strip away stress and reduce your risk for age-related health problems. High cholesterol, diabetes, high blood pressure--they're preventable, even reversible, say our experts!
- You will look trimmer in your face and waist within 12 days! Just get to know the 10 foods you should eat every day.
- You will feel energetic and athletic, and you'll look better than you did in your 30s. All it will cost you is 20 to 30 minutes a day!
- You will have the best sex of your life, and more of it! Discover the secret sexual powers of the 40+ male body and how to unleash yours!
- You will be happier, achieve greater success, and sleep more restfully than you ever imagined! Employ the mind-centering breathing trick before every important moment.

Packed with tons of useful advice; no-gym, no-crunches workouts; tasty recipes with fat-fighting superfoods; plus a troubleshooter's reference guide to body maintenance and repair, *Your Best Body at 40+* is the ultimate handbook for reinventing your life.

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