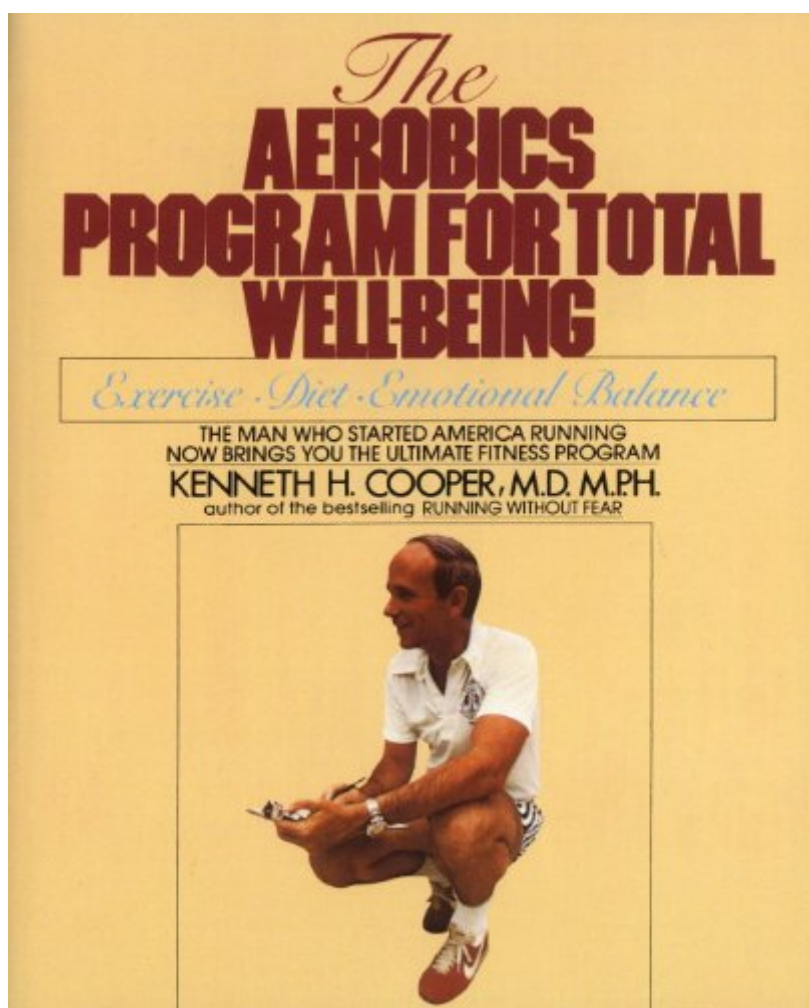




The book was found

Aerobics Program For Total Well-Being: Exercise, Diet , And Emotional Balance



Synopsis

Kenneth H. Cooper, the bestselling author of *Running Without Fear*, presents a complete program for total well-being--physically, nutritionally, emotionally--that includes dozens of ways to stay fit, three weeks of nutritious menus, guidelines for the twenty-two components of a comprehensive medical exam, and more.

Book Information

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Customer Reviews

If you don't know Kenneth Cooper and his work and you are interested in your health--it is high time you meet, and this is the book you need!

This book served me as a guide and inspiration for major life changes through the 1980's. Over the last 8-10 years I had not only lost the book but had lost the motivation it provided. I immediately reread it on receipt and have been slowly moving my eating and exercise habits back to that which had served me so well. I would strongly recommend Dr Cooper & his philosophy to anyone who is serious about taking control of their life. Hard work that pays tremendous dividends.

Great book on how to get in shape. from eating to exercise.

I liked it very much.

Perfect

Great book.

25 years ago used this information on selected exercises

Dr. Cooper's concept of Aerobics has been in and out of my life style since I read his first book back in the early 70's. I highly recommend it to everyone.

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