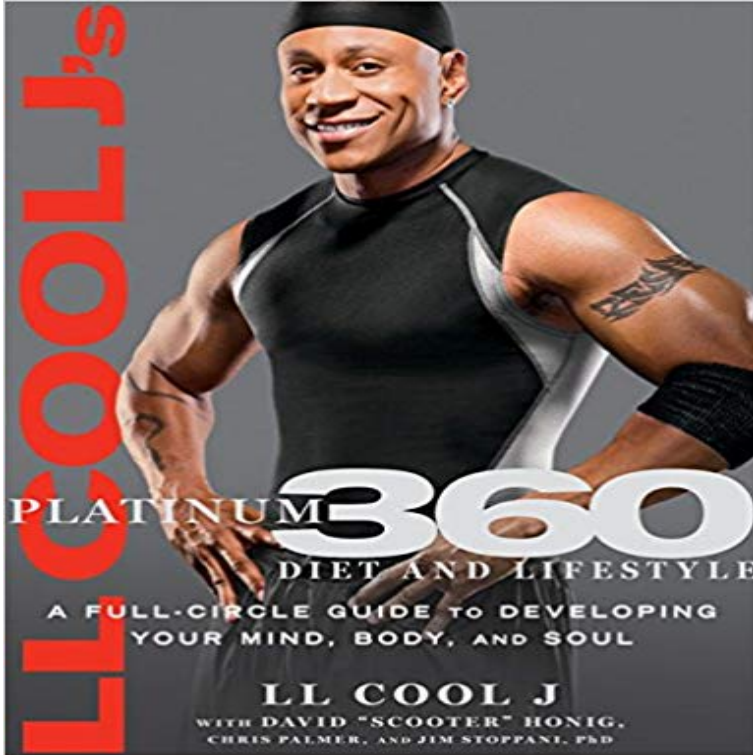


LL Cool Js Platinum 360 Diet and Lifestyle: A Full-Circle Guide to Developing Your Mind, Body, and Soul



The Grammy Award-winning rapper and bestselling author shares his secrets to an enviable physique, personal success, and hard-earned peace of mind. How does one of Hollywood's fittest performers stay lean, buff, and balanced? LL Cool Js Platinum 360 Diet and Lifestyle plan covers all the bases for a camera-ready physique and a healthy outlook in life. A New York Times bestseller, this program includes: step-by-step instructions for nearly 100 supereffective exercises, graduated workout plans that keep ones muscles--and metabolism--operating at their peak, week-by-week food plans with the perfect balance of micronutrients for each stage of training--dozens of delicious recipes. With this three-point approach to diet, fitness, and positive thinking, LL Cool Js growing legion of fans can get cut, get lean, and become the very best versions of themselves.

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