

12 Simple Things You Can Do to Achieve Optimum Health.

SLIMMER

YOUNGER

STRONGER

SAM VARNER, CSCS

Former Strength and Conditioning Coach for the U.S. Olympic Team.

"It's often thought that successful athletes have all the secrets to health and fitness. That's not true. I learned a lot from Sam's book—most importantly that mind, body and spirit are equally essential to good health."

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Swee Lin Lim



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Hoard's Dairyman, 1904 **Youth's Companion**, 1882 **Los Angeles Magazine**, 2005-06 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian **Classic Pictorial of Screen and Stage**, 1923

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