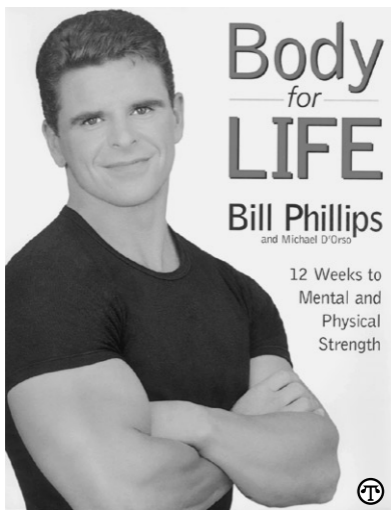




### A New Body In 12 Weeks

(NAPSA)—Bill Phillips' *Body-for-Life: 12 Weeks to Mental and Physical Strength*, has proven itself one of the most popular fitness books in recent memory, with an amazing 2-year run on national bestseller lists and more than 2.5 million copies sold.



**By changing your body, you can change your life, says fitness guru Bill Phillips.**

Phillips, founder of *Muscle Media*, one of the nation's fastest growing strength training magazines, created *Body-for-Life* (HarperCollins; \$26.00), a total fitness, life-altering program that has changed the lives of thousands in as little as 12 weeks. *Body-for-Life* includes real-life success stories and before-and-after pictures of just a few of those whose bodies and lives have been transformed by this program of exercise, nutrition, and positive thinking.

*Body-for-Life* is not only about physical fitness, says the author. "When we are physically fit," says Phillips, "that feeling of well-being and self-confidence changes how we feel about every aspect of our lives. We work better, our relationships improve and our optimism grows."