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## THE MAN PLAN



Createspace, United States, 2012. Paperback. Book Condition: New. 213 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I made it to age 40 without a concrete plan on how to stay fit and I am a doctor. Like most American men, I had chosen a fat, sedentary lifestyle, one that universally rewards males with bellies, boobs, diabetes and erectile dysfunction. Residency and fellowship had taken their toll. With weight ballooning and fitness plummeting, I was...

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- Authored by James Toombs MD
- Released at 2012



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