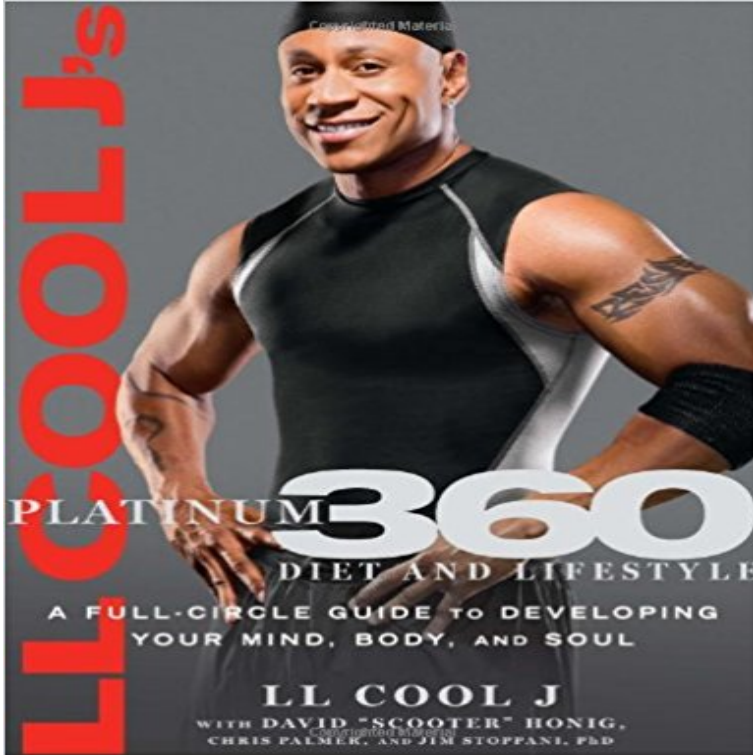


LL Cool Js Platinum 360 Diet and Lifestyle: A Full-Circle Guide to Developing Your Mind, Body, and Soul



Multi-platinum, Grammy awardwinning rapper and best-selling author LL Cool J shares the secrets to his enviable physique and, perhaps even sexier, his hard-earned contentment and peace of mind. His high-energy, no-nonsense program includes a 30-day workout regimen designed to build lean, sexy muscles and a breakthrough diet plan that can help you shed up to 20 pounds in just 4 weeks?even with weekend cheat meals! But what truly elevates the LL Cool Js Platinum 360 Diet and Lifestyle is LLs practical, easy-to-follow advice for personal transformation. Through self-reflection and spiritual guidance, he'll show you how to develop your own internal strength, giving you the tools and wisdom to transform your life from the inside out. Its not just about how to get fit, but you can?and deserve to be?your best self.

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