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| 1. Record Nr. | UNINA9910163886603321 |
| Autore | LL COOL J L. L. Cool |
| Titolo | LL Cool J's Platinum 360 Diet and Lifestyle : A Full-Circle Guide to Developing Your Mind, Body, and Soul |
| Pubbl/distr/stampa | Gordonsville : , : Potter/Ten Speed/Harmony/Rodale, , 2010 ©2010 |
| ISBN | 1-60529-089-0 |
| Descrizione fisica | 1 online resource (167 pages) |
| Altri autori (Persone) | PalmerChris StoppaniJim HonigDave |
| Disciplina | 613.7/12 |
| Soggetti | Physical fitness Exercise--Psychological aspects Diet |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Sommario/riassunto | The popular rapper draws from lessons learned from family and friends, as well as the world's greatest thinkers, to provide a thirty-day workout regimen and breakthrough diet plan, and explains how to achieve mental clarity and focus in any endeavor. |