



Transformation: The Mindset You Need. The Body You Want. The Life You Deserve

Bill Phillips

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“From worst to first in health and well-being.” That is the mantra of Body-for-LIFE® author Bill Phillips as he lays out this personalized, realistic plan to help people become healthier, happier, and more alive. Concerned by the unhealthy physical and emotional trends in U.S. populations, Bill firmly believes the well-being of the country can be completely transformed in 10 years—one person at a time. After reading this book, you’ll believe it too.

Bill uses personal examples and touching stories to exemplify that real people can, and have, overcome their worst to truly reinvent their lives. In his 18-week Transformation program, you’ll learn:

- How to achieve a sustainable healthy lifestyle
- How to transcend your unhealthy habits
- How to harness the power of a positive mindset
- How to heal emotions and find happiness
- How to live more deeply and compassionately

Transformation is a process of reshaping your whole person. If Body-for-LIFE was a manual for the physique, Transformation is the how-to guide for invigorating the body, mind and soul. When you make healthy changes in your life, you are able to make a meaningful difference in the lives of others. And ultimately, that is what Transformation is all about.

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