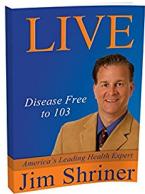


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By Jim Shriner



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Editorial Review

About the Author

Jim Shriner shares what he has learned in his 30-year journey of helping himself, his family, and others live healthier and disease-free lives with this book! After being paralyzed by a tumor in his spine at the age of 16, doctors told Jim he would never walk again. Now, years after a miracle surgery, he is in the best shape of his life. Because of his family history of heart disease, high blood pressure and cholesterol, diabetes and weight problems, Jim went back to school and studied exercise physiology and nutrition. Ever since, he has been teaching the world how to live longer and healthier with his Live Disease Free ?Plan.

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