



Live Disease Free to 103

By Jim Shriner

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Live Disease Free to 103 is full of helpful information on how you can become and stay healthy for life. Whether you want to lose weight; prevent diseases; or look younger and live longer; this book is for you! The main goal is to try to live a healthier lifestyle through diet and exercise. Also included in the book are diet plans, tips on what foods to avoid and other suggestions and solutions to the common problems that the American diet causes.

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Live Disease Free to 103 By Jim Shriner Bibliography

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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.

Users Review

From reader reviews:

Danny Exum:

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