



Fit For Life

By Harvey Diamond

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Fit For Life By Harvey Diamond Bibliography

- Sales Rank: #46820 in Books
- Published on: 2011-01-01
- Released on: 2011-01-01
- Original language: English
- Number of items: 1
- Dimensions: 6.75" h x 1.01" w x 4.10" l, .41 pounds
- Binding: Mass Market Paperback
- 416 pages

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Editorial Review

About the Author

Harvey Diamond is the world-renowned coauthor of the #1 *New York Times* best-seller, *Fit for Life*, which held that position for an unprecedented forty straight weeks and has sold over 12 million copies worldwide. Mr. Diamond has dedicated thirty-plus years of his life to the development of a truly healthy lifestyle. In pursuit of that goal, he overcame a debilitating, longtime digestive disorder, ended his migraine headaches, lost over fifty pounds, and in a stunning validation of his methods, triumphed over a condition called peripheral neuropathy (brought about by Agent Orange poisoning while serving his country in Vietnam). His energy, charisma and relaxed, conversational style have made him a sought-after guest expert on countless radio and television shows, including: *Oprah*, *Geraldo*, *Nightline*, *Larry King Live*, *Live with Regis*, *The Today Show*, and many others.

Users Review

From reader reviews:

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Miguel Philip:

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Bethany Archie:

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