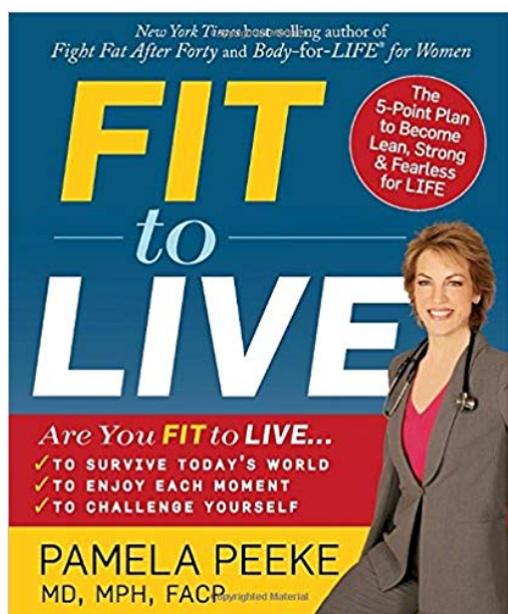


Fit to Live: The 5-Point Plan to be Lean, Strong, and Fearless for Life *by* Pamela Peeke



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Author: Pamela Peeke

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New York Times best-selling author Dr. Pamela Peeke helps readers trim their waists, shed pounds, and lengthen their lives in her witty, tough-love functional fitness and lifestyle plan. With more than 300,000 copies in print, Dr. Pamela Peeke's New York Times bestseller *Body-for-LIFE for Women* has helped scores of readers transform their bodies. Her newest book shines light on the heavy weight of the 21st century lifestyle, with its fake food, desk jobs, clutter, and endless stress, and asks readers, "If your life depended on it, could you run up four flights of stairs right now? Are you Fit to Live, not only to survive, but to enjoy life?" For most people, the answer is no and they don't know it. Combining Peeke's trademark in-your-face wit with heart-stopping reality checks, *Fit to Live* offers readers an active health/lifestyle assessment: How many pushups can they do in 2 minutes? How many servings of processed foods did they eat today? Peeke translates those results into research-based predictions of readers' long-term prognoses and helps readers gauge just how much fat—mental, nutritional, physical, financial, environmental—to cut from their toxic lifestyles to become Fit to Live. Showing how these five core areas intertwine, Peeke offers bottom-line strategies to adapt and adjust to life's stresses; get a stronger, leaner body; enjoy greater financial security; and create a healthier living space. Readers will become Fit to Live and lead dynamic and exciting lives, both now and for the future.



Reviews of the **Fit to Live: The 5-Point Plan to be Lean, Strong, and Fearless for Life** by Pamela Peeke

furious ox

I am disappointed! There are Important tests to take to determine where you are regarding the Fit to Live routines, and to determine at which level you should focus to become lean and strong. These tests are geared toward workers and individuals with spouses and children, and not designed at all for elder seniors, single, and retired (like me). At a stretch, I completed the tests to the best of my knowledge about myself, but I disliked having to do that. That's the job of the author. Dr. Peele is obviously successful; however, she is very repetitive in this book to the point of being annoying. She brags a great deal about her accomplishments. Such a waste of space. I do have a few positive comments to make: the stories provided by her clients are short and to the point and inspirational; the book is easy to read. I learned one tip from Dr. Peele (yes, only one from the entire book!): make 9:00 pm the last food of the day. It's a great idea on so many levels, so easy to follow, and it works for me.

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Dilmal

My family has always struggled with weight and stress. Often when I was a child, my mom would say, "I just ain't fit to live." Usually this was said when she was worn out or not feeling well, but it is an expression that had taken deep root as many times I also felt that I wasn't fit to live. That is what made me actually buy the book. One day as I was browsing the book store, this book almost jumped off the shelves into my hands by the title alone. I wasn't even sure what the book was suppose to really be about, but I knew I had to read it.

I wasn't disappointed! This book is real. I have been on just about every diet and life plan imagineable, and many being monitored by doctors. Usually, my doctors would reach a point where they would shrug and say that my metabolism was one step above a dead person. My last doctor even stated that I should try to live as well as I could because I would never lose weight. Talk about

defeat!

Yet, when reading Dr. Peeke's book, a lightbulb went off. She called me on the carpet. It was as if she knew me. Toxic stress? You bet! Dissociation? My favorite reaction to toxic stress. House organization? Chaos! Financial situation? Barely making it! Emotional and mental health? Not good after years of a messy marriage followed by a horrible divorce.

I have been trying to digest her book completely for a year. I still haven't gotten through all of it because each chapter has really touched me and brought me into a meditative state that has me working through many obstacles that have made up my life. I am a work in process, but everyday, I am getting mentally stronger. Weight wise, just knowing her information without really even hitting the problem yet, I have lost 41 pounds. I now think before I eat, deal with stress without food, walk some each week, and have emotionally released some serious toxic stress.

Her book is not a typical diet book or an exercise layout plan. If you are looking for an author who will do the work for you, she isn't it. (Seriously, all those who claim to do just that have ultimately failed in your life anyway!) She tells you like it is with a knowledge that makes your spirit just know you have finally found the truth and she entices you to do the work yourself, because if you don't do it, it isn't going to be a real solution. If you aren't really willing to make some serious adjustments in your life, then you really aren't wanting to find better health and weight loss. However, if you are ready, this is the book with the answers.

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I've seen Pamela Peeke interviewed on many shows over the years and she consistently seems to make sense to me. She's very knowledgeable and in another book of hers that I've read, she makes her subject matters very easy to understand and relate to.

The main theme inside this new book is the way our 'toxic' lifestyles can make us fat and how we can make some changes in order to be fit and healthy. She starts out by saying how she's there to save your life if you let her. She poses the question (one that made me really think) "If you had to suddenly leave your comfort zone and run for your life, hoist your body out of a broken elevator, run after a child headed toward a busy street, or grab a tree limb to stop from falling, could you do it? Are you Fit to Live?" Your answer will either shock you to your core or make you proud. Not many might be able to answer yes. She talks about toxic belly fat (this is very scary).

This fascinating book is a bit of a twist on weight loss and fat reduction books. It's well written and thought provoking and will almost surely change your outlook on your life as a whole - no matter what area (financial included). I found it really interesting and she offers great advice. I highly recommend this.

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GoodLike

I read this book because I have always wanted a physique similar to professional body builders, but I've never been able to achieve it. Peeke gives very good information on how to get to the fitness level you desire. It covers exercise and nutrition. What I really like is that she offers a chart that makes it easy when figuring out what and how much to eat. It takes the hassle out of weighing/measuring and counting.

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Chi

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