



LL Cool J's Platinum 360 Diet and Lifestyle: A Full-Circle Guide to Developing Your Mind, Body, and Soul

By Dave Honig, LL COOL J, Chris Palmer, Jim Stoppani

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The Grammy Award–winning rapper and bestselling author shares his secrets to an enviable physique, personal success, and hard-earned peace of mind.

How does one of Hollywood's fittest performers stay lean, buff, and balanced? LL Cool J's Platinum 360 Diet and Lifestyle plan covers all the bases for a camera-ready physique and a healthy outlook in life.

A *New York Times* bestseller in hardcover, this program includes:

- step-by-step instructions for nearly 100 supereffective exercises
- graduated workout plans that keep one's muscles?and metabolism?operating at their peak
- week-by-week food plans with the perfect balance of micronutrients for each stage of training
- dozens of delicious recipes

With this three-point approach to diet, fitness, and positive thinking, LL Cool J's growing legion of fans can get cut, get lean, and become the very best versions of themselves.

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Editorial Review

About the Author

LL COOL J is a three-time Grammy Award–winning rapper, television and movie actor, and bestselling author of *LL Cool J's Platinum Workout*. He lives on Long Island, NY.

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