



International bestseller! Eat right, get fit, stay healthy!

Right out of Asia, Dr. Seamus Phan and his brother Ching Jung (CJ), a bodybuilding champion, present a holistic approach to health, fitness and longevity.

This book is for anyone who wants to improve his or her physique, enjoy a sensible diet and lifestyle, and experience peace and happiness throughout life.

"CJ and I were in high school together, and I got to know him better when we trained in the same gym at the university. Having seen him work out in the gym and compete on stage, it was evident that CJ was not only dead serious about his sport, he was also enjoying every minute of it. Further testimony of his belief that exercise is a crucial part of a healthy lifestyle comes from the fact that even after all these years, he has maintained his passion and quest for physical health and fitness, and did us all proud by winning the Commonwealth Bodybuilding Championships."

– Dr. Ben Tan, Asian Games sailing Gold medalist.

"Seamus never ceases to amaze me with his boundless energy and capacity for friendship. He wants to get the most possible out of life, and firmly believes in extending himself into his community. This book is just another example of where Seamus wants to share his energy and enthusiasm for life with the reader." – Dr. Daniel O'Callaghan, PhD (Pharm), CEO, ClariNet Internet Solutions Pty Ltd.



Surpass your limitations and succeed!

CJ was born with a genetic blood disorder known as Thalassemia Minor, which made his red blood cells deformed and weaker than normal. Seamus was born severely premature, asthmatic, and later developed Scoliosis (a curved spine). Both brothers embraced the physical lifestyle since their teens and overcame their own physical limitations. Seamus conducted pioneering biochemistry research, went on to be an authority in leadership and technology, a professional speaker, and a respected broadcast and print journalist. CJ graduated with a law degree, became a custom jewelry designer and coach. Both brothers still find time to continue their holistic pursuit of a healthy and meaningful lifestyle.

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Seamus Phan, PhD & Phan Ching Jung



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health, fitness and longevity

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