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Rodale Incorporated. Paperback. Book Condition: new. BRAND NEW, Testosterone Transformation: Lose Belly Fat, Build Muscle, and Boost Sexual Vitality, Myatt Murphy, Jeff Csatari, This is a groundbreaking workout and diet plan that replenishes a man's testosterone levels, rebuilds his body, and remakes his life. Testosterone is the most crucial hormone in the male body - and every man's T levels begin a slow, steady decline as he ages. The result? Loss of strength and muscle mass. Poor sugar metabolism. Increased...

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- Authored by Myatt Murphy, Jeff Csatari
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