



Life is Movement: The Physical Reconstruction and Regeneration of the People (A Diseaseless World)

Eugen Sandow

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"A HEALTH BOOK FOR THE PEOPLE. For these reasons I want everyone who is in search of health to read these pages carefully and thoughtfully, as they contain health information of priceless value, which, if it will not actually be sufficient to free them from disease or prevent that condition, will at last prove a most helpful signpost to every wanderer on the highway that leads to Health. Those who are actually weak, ailing, or diseased, will find much helpful information in the later chapters of this book, especially that on 'Neurasthenia,' and the chapter on 'How and Why Scientific Physical Movement Cures Disease.' A great world-crusade against physical decadence and disease is going to take place, and we have in our own hands the weapon to destroy these enemies altogether. 'All for Health' should be the motto of us all from now forward, and I feel certain that after reading this work many will be eager to render service in this great movement for the uplifting of humanity. As I explain later, I have decided, with the assistance of distinguished patrons and workers, to form an 'All-for- Health League'—what, I hope, will be a real League of Nations against Disease—to spread the gospel of physical movement as an agent—I might, indeed, call it the agent in advance—of Health." - Eugen Sandow This is an 8.5" by 11" restored and re-formatted edition of Sandow's 1920 classic. The text remains exactly as written. This book has many pages with old photographs and illustrations. This is a must have book for your physical culture library. Visit our website and see our many books at PhysicalCultureBooks.com

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