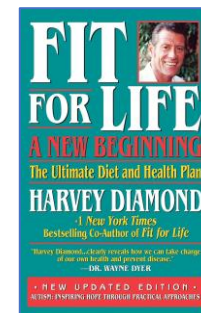
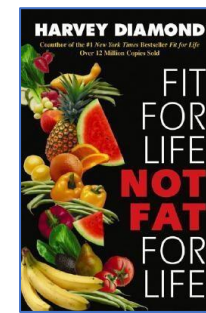
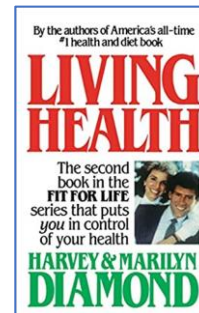
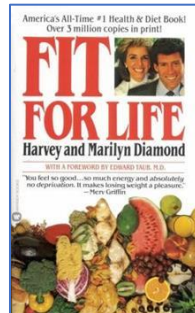




# HARVEY'S APPROACH

Harvey Diamond's previous writings were categorized as Health and wellness books. Millions of people around the world have been positively affected by his easy-to-read, no-nonsense writing. The fabric of the wellness industry has been shaped by many of the principles

Millions have been benefited not just nutritionally, but their entire life's trajectory has been forever changed. With a good sense of humor, and Harvey's self-deprecating approach, he was truly a "Life Coach" before the term was even coined.



# A TRUSTED VOICE



It has taken well over two years to prepare Harvey's final unpublished works.

Once again, his writing style unmistakably leans on his innermost thoughts and connection to his journey in finding inner peace. In partnership with some who knew him best, this presentation will once again be the familiar voice of a Life Coach who has touched millions. Hearing from an old friend on such timely topics will give hope and direction in a troubled time.

Harvey , always the optimist, speaks on subjects that were dear to his heart with humor, candor and sincerity.

*A heartwarming read from a trusted voice!*

# Beyond Fit for Life, The Anthology & The Legacy

Harvey's approach to health was always based on his understanding of the marvelous ability of the human body.

His final three works come together to showcase a lifetime of insight, reflecting a great wisdom regarding care for both body and soul.

## WHAT WE NEED?

Harvey believed the path to health (both physical and spiritual) ran through common sense and understanding how to give of oneself.

"I Want to tell you that God would never drop us onto this planet... and not also provide us with what we need .... The Divine is far more kind and loving than that... It's just a matter of uncovering it and using it."

*H. Diamond*



# HEALTH IS YOUR BIRTHRIGHT



Our Life on this glorious planet is an ongoing journey of discovery, of ourselves and our surroundings.

When you proceed on this magnificent journey in a healthy body and mind that is operating at optimum efficiency, the road before you is made smooth and your life becomes a joyous song of gladness.

This is the glory of vibrant health" - H. Diamond

**Harvey Diamond is the world-renowned author of the #1 *New York Times* best-seller, *Fit For Life*, which held that position for an unprecedented forty straight weeks and has sold over 14 million copies in 35 languages worldwide. Mr. Diamond dedicated 45 plus years of his life to the development of sharing a truly healthy lifestyle with his readers.**



# HOPE IN TIME OF FEAR

*In Harvey's own words, Chapter 1 excerpt from BEYOND FIT FOR LIFE:*

The fact is, some of you might well be saying right now, "Hey wait a minute, aren't you the guy who wrote those FIT FOR LIFE books? Well just because you can whip up a mean fruit smoothie, what makes you think you can talk to me about my journey?" I was thinking the exact same thing! But then it finally dawned on me; I was worthy. Why? Because I am a child of the universe; one of lots and lots of similar children. In fact, there is somewhere in the neighborhood of around eight billion children presently inhabiting this little blue orb floating out in space that has had the breathe of life bestowed upon it. For that reason alone, there are eight billion credible and worthwhile voices . What you are about to read is merely one of the eight billion depictions. You have one also. Neither is right or wrong—only different depending upon our individual upbringing and point of view.

An empowering resource for anyone interested in improving the quality of life,... HD delivers not only HOPE, but also the information you need to free yourself from FEAR."-TR

# OPPORTUNITY

## Celebrity FFL Enthusiasts

- Reba McIntire
- Woody Harrelson
- Cher
- Whoopi Goldberg
- Ted Danson
- Cathy Lee Gifford

## Potential Market

- Former FFL readers 14 million, 6 % of the US populace recognize the FFL name
- Veteran Organizations
- AARP Book Club
- All English speaking Countries with former sales , Australia , England etc.

# The Final Chapter Fit For Life

*"I put the FFL principles to work in my life and have never felt better" –Sandy H. 2024*

*"I had a stomach problem, when I practiced the FFL writings the problem went away." –Harvey S. 2024*

*"The proper food combining just keeps you balanced and healthy." Samuel. P. 2024*

*"Fruit till noon has been a lifelong habit that changed my life and made me so happy to have learned these principles." Dennis D. 2024*

*"I read the book, changed my life, and never looked back." Frank R. 2024*

"From Harvey Diamond the co-author of the Best Seller FIT FOR LIFE"


**ABOUT THE AUTHOR**

Harvey Diamond is the world-renowned co-author of the #1 New York Times bestseller *Fit For Life*, which held the position for an unprecedented 10 weeks on the best-selling list. He has been a pioneer in the development of a truly healthy lifestyle. Harvey's unique approach is a combination of topics that were once considered taboo – cancer and diabetes. It is an all-encompassing system that has been adopted by millions of people. Having been an old friend on each family topic will give personal, experienced answers to some of our most pressing questions.

In a time of personal experience, hear Harvey speak about these subjects and more:

Frank Frost	Algebra Begins More Energy
Theresa	She Said Yes
Glenn	Your Custom Scene
Caroline	Your Living Body
Changqing Tang	The Mind
High Phoenix's Core Sympy	Empower
The Book Club	Transcend
Sammy Frost	Enter the Lymph System
Paula Gillmore	Remember the Cause of This Impoverishment of Fortune
Chen Chen Work	Things Are Changing - Children
Christine Brady "When Do You Get Your Things"	Things Are Changing - Children
Longan Long Ting Ting	Things Are Changing - Children
Andrew Robinson - Chapy	Things Are Changing - Children
Michelle	Things Are Changing - Children
Michelle	Things Are Changing - Children
Good M&B - C&B&B	Things Are Changing - Children

**Audio book**



*Fit For Life*

## THE LEGACY

"Hear Harvey's Continuing Gift for Health in His Own Voice"

"From Harvey Diamond the co-author of the Best Seller FIT FOR LIFE"

**ABOUT THE BOOK**

Harvey Diamond's writings were considered a health and wellness revolution. Millions of people around the world were attracted to his unique, no-nonsense writing. These were often not your average health books, but they were life-changing. With a great sense of humor and Harvey's well-honed approach to his "Fit For Life" philosophy, he has become a household name.

These began in January 1990. It was a program to eat and not eat, and it was what was along and my brother's doctor's book, which was my book. It was called *Fit For Life*. In fact, we could not begin to understand the knowledge of why being regular matters.

Harvey Diamond was the first person to speak on the large platform, the big picture. It was presented as well as the physical discipline. I am Harvey Diamond's son, he is my father and I am his son. I am Harvey Diamond's son, he is my father and I am his son. I am Harvey Diamond's son, he is my father and I am his son.

"WOODY DUNNISON TV & More videos"

Read Harvey's *THE ANTHOLOGY* as a practical approach to many of the questions we have about it and a letter to Harvey to discuss the answer to these questions. The approach of Harvey's work is the answer. "That which is contained in this book represents nearly my present, even evolving, level of knowledge and understanding on the subject."

*Fit For Life*

## THE ANTHOLOGY

Harvey Diamond

"From Harvey Diamond the co-author of the Best Seller FIT FOR LIFE"

**ABOUT THE BOOK**

In fact, it is, some of you might well be saying right now, "They want a message about you, the one who wrote the *FIT FOR LIFE* books? Well, yes, because you can whip up a mean fruit smoothie, what makes you think you can still be alive after *God's*?" I was thinking the exact same thing. The idea is finally shared on me, I was worthy. Why? Because I am a spiritual being, one of love and love of *God's* children.

In fact, even in my neighborhood of around seven billion children presently inhabiting this little blue orb floating out in space that *God* use fit to breathe life into. For that matter alone, there are seven billion waiting questions. What you are about to read is merely one of the seven billion questions. You have one idea.

"An inspiring message for anyone interested in improving the quality of life... *Fit For Life* was only *FFFL*, the also the information you need for your own *Fit For Life*."

-Tony Robbins, World-renowned author, speaker, coach

*Fit For Life*

## BEYOND FIT FOR LIFE

Join Harvey on his Journey to Discover Who God Is & How to Give Back!