



# Will of Iron: Principles for Healthy Living

*Peter N. Nielsen, Tom Ferguson*

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In *Will of Iron: Principles for Healthy Living*, Nielsen tells the riveting story of his near-fatal battle with Crohn's disease. Even though doctors told him he would probably spend the rest of his life in and out of hospitals, Nielsen overcame fear and self-doubt and committed himself to a life of nutrition and fitness. Against tremendous physical odds, he transformed his ravaged body into a paragon of fitness.

Nielsen forged happiness and success out of adversity – from pumping iron in a gritty Flatbush gym and winning the Mr. International Universe title to becoming the host of his own television show.

But *Will of Iron* is more than an inspiring biography. While plenty of books offer nutritional advice, exercise routines or motivational messages, Nielsen blends all three into a simple, yet powerful recipe that explain exactly why readers should care about health, fitness and lifestyle.

Readers who have never jogged a mile will find themselves determined to get off the couch and enrich all aspects of their lives – relationships, career and self-esteem. Dedicated bodybuilders will find a "clean" path to success without steroids. And all will discover a compelling and inspiring story.

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