

Bulletproof Health And Fitness: Your Secret Key To High Achievement (Six Simple Steps To Success Book 3)

World-renowned biohacker and bestselling author Dave Asprey's most accessible guide to human health, revealing how to maximize your well-being with the minimum effort. If you want to lose weight, boost your energy, or strengthen your mind, there are shelves filled with books offering a myriad of advice, most of it confusing and often conflicting. For many disenchanted with the state of the healthcare system, the non-traditional wellness industry is a siren call--but these alternative sources can be just as indecipherable and contradictory. To achieve and maintain optimum health, Dave Asprey advises, you need to be smart and take control of your own well-being. In Better Than Normal, this proven master of biohacking clears through the clutter to chart a unique, science-backed approach to health. The key to achieving optimum wellness, he reveals, isn't about doing more, it's about doing less--exercising and eating smarter, not harder, and making the body's built in laziness work for you. Better Than Normal is not a diet nor a fitness plan. It is a hack aimed at harnessing your metabolic, neurological, and epigenetic systems and getting them working at peak power. Dave provides a comprehensive guide to achieving physical and mental wellness. It is packed with practical, commonsense, easy to understand information on better eating, including food advice and supplement suggestions; smart workouts that give you more strength and more energy in less time; targeted recovery strategies, and more. Dave's advice is informed by his dedication to true health. His hacks stem from his own experiments with diet and exercise, backed by cutting-edge tech and research. Better Than Normal reveals the laziness principle--the reason why most diets and fitness plans fail--and shows how to stop fighting against it and instead bend it to your will. This new approach can help you achieve lasting health, and profoundly change your life.

This prenatal guide offers nutrition and environmental advice to reduce toxins in the body and in the home to have a healthier, more intelligent and happier baby that will be less susceptible to allergies, asthma and other issues. Original.

In his midtwenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to "hack" his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge--and change--the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional "diet" thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.

Relapse can attack and ruin your recovery like the bullets from a drive-by shooting. Fifty percent of all people who attempt recovery from addictive behavior relapse. How do you sustain sobriety? Bad ideas lead to good people dying. Not because ideas kill, but because bad ideas die--hard and these ideas form the hot beds for addictions to thrive. Addictions kill People dont realize they have killer ideas floating around in their heads. However, if you attempt recovery from addiction and achieve sobriety, you will quickly run into these bad ideas. Certain bad ideas must die so sobriety can live. Examples of Bulletproof thinking that counteract bad ideas: Bad Idea: Staying sober has little to do with the shape you or your life is in. Just use your program and you will be okay. Bulletproof Idea: The better shape you are in, the better your recovery program will work for you. Bad Idea: What you feel is what is real. Bulletproof Idea: Thoughts are as important as feelings to sustain recovery. Bad Idea: Pain can kill you. Bulletproof Idea: Pain cannot kill you. What you do about pain can. Nothing dies harder than a bad idea! Bulletproof Recovery gives you the keys and step-by-step direction to cure stinking thinking and stay sober from any addiction. The formula is based on this fact: addiction thrives in the lives of people who take poor care of themselves. Chapter 6, The Seven Highly Successful Keys To Sustained Sobriety, starts to fill your recovery tool box. Your thinking changes with chapter 8, From Selfish to Self Care and gets you ready To Prevent Relapse, Put Yourself In Hospital and Stay There (chapter 10). In chapter 13, you learn You Cant Cure an Addiction, But You Can Outgrow One and chapter 15 gives you insight into Balance: Living In the Eye of the Hurricane. Be good to yourself. Get Bulletproof Recovery and stop addiction forever!

Bulletproof Spirit

The First Responder's Essential Resource for Protecting and Healing Mind and Heart

A Guide to Reclaiming and Optimizing Your Health

Lose Fat, Get Fit & Live a Better Life

Lose Up to a Pound a Day, Increase Your Energy, and End Food Cravings for Good

Think Like a Business Owner. Take Responsibility and Take Control of your Life

The First Responder's Essential Resource for Protecting and Healing Mind and Heart

Presents a guide to achieving peak fitness capability by optimizing performance, fat loss, and brain function, covering such aspects of health as nutrition, training, recovery, stress and time management, sleep, and digestion.

Suicide, depression, anxiety, post-traumatic stress disorder (PTSD), substance abuse, and many more emotional and stress-related problems plague the first-responder community. Hundreds of thousands of these brave public servants have unwittingly become victims of the professions they once loved. However, the suffering that results from a professional life of sacrifice and service can be prevented and mitigated. As a thirty-year law-enforcement veteran, retired police captain, and police academy instructor, Dan Willis has witnessed the damage of emotional trauma and has made it his personal mission to safeguard and enhance the wellness and wholeness of police officers, firefighters, EMTs, emergency-room personnel, and soldiers. Bulletproof Spirit offers field-tested expertise designed to be used by all first responders — and their families — to heal themselves and continue serving with compassion and strength.

Former Secret Service agent and star of Bravo's Spy Games Evy Poupouras shares lessons learned from protecting presidents, as well insights and skills from the oldest and most elite security force in the world to help you prepare for stressful situations, instantly read people, influence how you are perceived, and live a more fearless life. Becoming Bulletproof means transforming yourself into a stronger, more confident, and more powerful person. Evy Poupouras—former Secret Service agent to three presidents and one of only five women to receive the Medal of Valor—demonstrates how we can overcome our everyday fears, have difficult conversations, know who to trust and who might not have our best interests at heart, influence situations, and prepare for the unexpected. When you have become bulletproof, you are your best, most courageous, and most powerful version of you. Poupouras shows us that ultimately true strength is found in the mind, not the body. Courage involves facing our fears, but it is also about resilience, grit, and having a built-in BS detector and knowing how to use it. In Becoming Bulletproof, Poupouras demonstrates how to heighten our natural instincts to employ all these qualities and move from fear to fearlessness.

The Bulletproof food regimen become created in 2014 by means of Dave Osprey, a technology government turned bivouacking guru. Bivouacking, additionally called do-it-yourself (DIY) biology, refers to the exercise of editing your life-style in an effort to make your body characteristic better and more efficiently.

Notwithstanding being a successful executive and entrepreneur, Osprey weighed 300 pounds (136.four kg) by means of his mid-20s and felt out of contact along with his own fitness. In his big apple time's bestseller "The Bulletproof diet," Osprey tells of his 15-12 month's journey to shed pounds and regain his health without adhering to conventional diets. He also claims that you could comply with his rubric to achieve the same consequences (2). Osprey describes the bulletproof weight loss program as an program for starvation-loose, rapid weight loss and height performance.GET YOUR COPY NOW!

Fast This Way

3 Manuscripts - Bulletproof Diet Guide / Bulletproof Diet Cookbook / Bulletproof Diet Recipes

How Executives Can Get It Right, Every Time

Bulletproof Diet for Beginners: The Essantial Care Guide on Everything You Need to Know about Bulletproof Diet

Calisthenics

Seven Simple Steps to a Fast Bulletproof Diet

Beyond Training

Based on Nobel Prize-winning research, an easy-to-follow lifestyle plan for losing weight, looking younger, and feeling energized.

PLEASE NOTE: This is a summary and analysis of the book and not the original book. If you'd like to purchase the original book, please paste this link in your browser: <https://amzn.to/2Df3vfP> Bestselling Bulletproof Diet author Dave Asprey puts together life-improving tips from some of the most successful people on the planet. Game Changers will certainly encourage you to re-examine some of your life choices and habits even if it doesn't turn you into a full-blown biohacker! What does this ZIP Reads Summary Include?** - Synopsis of the original book - Key takeaways from each section - The 46 laws of improving your life - How to be smarter, faster, and happier. - Small daily actions you can take to change your life - Tips for biohacking from an expert - Editorial Review - Background on Dave Asprey About the Original Book: Game Changers distills the many pieces of wisdom that Dave Asprey, the tech entrepreneur and self-confessed biohacker, has gathered over the course of his interviews for the Bulletproof Radio podcast into 46 easy-to-understand laws. The interviewees include a wide range of “game changers”—top performers who have not only found success in their chosen fields but also contributed immensely to other people's lives. Ranging from the widely accepted to the really out-there, these laws, followed selectively or in their entirety, will prove useful for anyone interested in “upgrading” their mind and body and finding true success. **DISCLAIMER: This book is intended as a companion to, not a replacement for, Game Changers: What Leaders, Innovators, and Mavericks Do to Win at Life. ZIP Reads is wholly responsible for this content and is not associated with the original author in any way. Please follow this link: <https://amzn.to/2Df3vfP> to purchase a copy of the original book.

In The Bulletproof Diet, Dave Asprey turned conventional diet wisdom on its head, outlining the plan responsible for his 100-pound weight loss, which he came to by "biohacking" his body and optimizing every aspect of his health. Asprey urges you to skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out less, sleep better, and add smart supplements. In doing so, he promises, you'll gain energy, build lean muscle, and watch the pounds melt off--just as he and so many of his devoted followers already have. Bulletproof: The Cookbook picks up where the diet plan leaves off, arming you with 125 recipes to stay bulletproof for life and never get bored. Famous for his butter-laden Bulletproof Coffee, Asprey packs the book with the other delicious, filling meals he uses to maintain his weight loss and sustain his vibrant health.

Bulletproof Diet Lose Fat, Get Fit & Live A Better Life The Bulletproof Diet is one of the best diet plans out there. While other diet plans make you feel deprived or have rules that are hard to follow, this one is simple and can easily fit into your daily life. With the Bulletproof diet, you won't just learn about the foods that you are allowed to eat and the ones that you need to avoid, but also about the right times to eat to see the best results. This guidebook will delve into this diet and explain why it is the best one for your needs! This guidebook is going to bring up many of the great topics that you need to know to gain an understanding of the Bulletproof Diet and how it works. Some of the topics that we will discuss include: What is the Bulletproof Diet? What foods are allowed on this diet plan The health benefits of following this diet plan. The importance of thinking positively How getting enough sleep can help with your health journey Bulletproof Diet approved cooking methods The Bulletproof Diet is one of the best diet plans that you can choose to go on for your overall health and to ensure you finally lose weight without having to try so hard. Make sure to check out this guidebook and learn everything that you need to know to make the Bulletproof diet work for you. If you're looking for a guide to lose weight or just want to get more information about the Bulletproof Diet, this book is for you! Scroll Up And Click The "Buy" Button! Tags: Bulletproof Diet, Diet, Weight Loss, Energy Boost, Ketogenic Diet, Nutrition, Fitness, Healthy Living

Burn Fat, Heal Inflammation, and Eat Like the High-Performing Human You Were Meant to Be

Optimizing Shoulder Function to End Pain and Resist Injury

Shrink: Become Bulletproof, Move Mountains, And Create A Revolution Inside Your Body For The World To See

The Genius Life

The Gimmick-free Guide to Authentic Online Relationships with Influencers and Followers

Better Than Normal

A Science-Based Plan to Lose Weight, Revitalize Your Skin, and Invigorate Your Life

You Deserve to Treat and Pamper Yourself with Super Natural Power of Food Recipes and Smoothies to burn Fat with Amazing Speed and Start a new sustainable Healthy Lifestyle today! This book has actionable information that will help you to lose fat fast and easy, look and feel younger at your best and energize yourself in as little as 2 weeks.Have you noticed the way many diets today are creating some kind of uncompromising mentality? This is not only making us feel deprived when we follow them. It is actually making us feel guilty when we 'mess up' in parties and many other opportunities where breaking the rules will be the norm. So with an 'all or nothing' mindset, this makes many of the diets unsustainable in the long term. In fact, the restrictive nature of many diets only leads to distress, bingeing and giving up sooner or later.Even so, there is one diet that will provide you a rational approach to consuming nutrient-dense proteins, fats and other food categories that increase your body's natural fat burning process without making you worry about any messing up, getting cravings and other issues typical to conventional dieting. This is known as the bulletproof diet.Apart from sending your energy levels through the roof, you will expect to: Boost your will power Lose weight without weighing food or counting calories Strengthen your body's immune function Improve your cognitive function, mental as well as physical performance This book is here to teach you how to go about achieving this diet, including what to eat and what not to eat, the benefits you stand to get from the diet and ultimately, the specific recipes you need to target.This Bulletproof Diet is your blueprint to upgrade to a healthy lifestyle toward a better you. Brief Contents For Your Easy Preview To Learn Up Fast... Improve the Bulletproof Diet Lifestyle Benefits of More Fats And Low Carbs Great diet to stay young, trendy and energetic Enjoy delicious Fats, Oils, Vegetables, Fruits, Nuts And Legumes Mouth Watering Recipes for Two-Week Bulletproof Diet And Much, Much More! So, Wait no further ! Download this Bulletproof Diet book to kick start eating these delicious tasty recipes for a Vibrant Health.

The bestselling author of Head Strong and The Bulletproof Diet answers the question, “How can I kick more ass at life?” by culling the wisdom of world-class thought leaders, maverick scientists, and disruptive entrepreneurs to provide proven techniques for becoming happier, healthier, and smarter. When Dave Asprey started his Bulletproof Radio podcast more than five years ago, he sought out influencers in an array of disciplines, from biochemists toiling in unknown laboratories to business leaders changing the world to meditation masters discovering inner peace. His guests were some of the top performing humans in the world, people who had changed their areas of study or even pioneered entirely new fields. Dave wanted to know: What did they have in common? What mattered most to them? What made them so successful—and what made them tick? At the end of each interview, Dave asked the same question: “What are your top three recommendations for people who want to perform better at being human?” After performing a statistical analysis of the answers, he found that the wisdom gleaned from these highly successful people could be distilled into three main objectives: finding ways to become smarter, faster, and happier. Game Changers is the culmination of Dave’s years-long immersion in these conversations, offering 46 science-backed, high performance “laws” that are a virtual playbook for how to get better at life. With anecdotes from game changers like Dr. Daniel Amen, Gabby Bernstein, Dr. David Perlmutter, Arianna Huffington, Esther Perel, and Tim Ferris as well as examples from Dave’s own life, Game Changers offers readers practical advice they can put into action to reap immediate rewards. From taming fear and anxiety to making better decisions, establishing high-performance habits, and practicing gratitude and mindfulness, Dave brings together the wisdom of today’s game-changers to help everyone kick more ass at life.

A Few Simple Habits Will Get You Fit and Healthy (Even If You Have No Time for Exercise and Don't Like Diets) What if you could shed excessive pounds simply by living your life? What if you could forget about ever needing sick leave? Wouldn't you like to be the Energizer Bunny in your own life, every day? Bulletproof Health and Fitness is a book for average people who can't suddenly switch to an extreme diet - or don't want to - and can't sweat in the gym for 20 hours per week. Michal Stawicki can do 150+ pushups and 40+ pullups; he hasn't been off work sick since July 2013. And, like any ordinary man, he also has a life to live: a day job, wife and kids, church obligations, a daily 3-4 hour commute and random disasters (a broken furnace, flat tire, delayed trains, children's illnesses...) In Bulletproof Health and Fitness, he shares his down-to-earth approach for losing weight, getting and staying fit, and keeping his health optimal. And he shares how you too can unlock a force of incredible energy; the energy you need so badly to face life's everyday challenges. In this book you will learn: Why getting your body into prime condition is your first step to success The single rule which determines whether any workout or diet will be a success The biggest mistake people make when trying to get back in shape Why targeted habitual actions are the perfect way average people can regain and keep their health The only four elements you must look after to maintain your stamina Why you can eat whatever you want and stay fit The three things necessary for getting good sleep How even fasting for 120 hours won't kill you. How can you exercise less than 15 minutes a day and be able to do 100 consecutive pushups Why cardio is usually a waste of time (and how it can become time well invested) Buy this book NOW and regardless of life's challenges, you'll soon enjoy new-found health and fitness.

From tennis elbow to low back pain, Bulletproof Bodies aims to demonstrate how targeted body-weight exercise can be used to tackle a range of injuries and improve joint range-of-motion, muscle strength and endurance, and ligament and tendon health. As an added bonus, by using the suggested exercises you will also gain strength and physical fitness. Through engaging multiple parts of the body and stabilizing muscle groups, the exercises in Bulletproof Bodies offer a challenging, stimulating and accessible means of dealing with those nagging injuries. Whether you are already a highly tuned athlete looking to stay at the top of your game, a return-to-fitness enthusiast with new aches and pains, or a moderately active individual keen to overcome that recurring joint pain, Bulletproof Bodies will offer you a range of exercises to target specific body areas and even specific types of condition. Along the way, this book will also educate you on 'need-to-know' elements of anatomy and pathology.

Summary & Analysis of Game Changers

The Blueprint

Bodyweight Exercises for Strength, Resilience and Injury Prevention

What Leaders, Innovators, and Mavericks Do to Win at Life

Protect Yourself, Read People, Influence Situations, and Live Fearlessly

Bulletproof Trader

Your Secret Key to High Achievement

*** move your shoulder better *make your shoulder joint more stable *end shoulder pain * get strong shoulder muscles *increase shoulder proprioception *get a strong rotator cuff * keep your shoulder from getting hurt or injured *improve overhead sports performance** A "bulletproof shoulder" is a shoulder that is pain-free and resistant to injury - and you can have one too - Bulletproof Your Shoulder will show you how. In less than 100 pages, readers will learn about the Bulletproof Shoulder program - a series of simple and powerful exercises you do at home or in the gym, that take a few minutes a day to do - yet create powerful changes in your shoulder tissues making it bulletproof to pain and injury. Recommended for chronic shoulder pain, athletes, workers who do repetitive arm activities, or anyone who simply wants to get rid of or avoid shoulder problems.

Build Your Own Bulletproof Body offers a challenging, stimulating and accessible program of bodyweight exercises to help you overcome those nagging sports or Musculo-skeletal injuries - from tennis elbow to low back pain to Achilles' tendinitis. The suggested exercises can also be used to improve muscle strength, joint range-of-motion, and overall physical fitness. Whether you are a highly-tuned athlete looking to stay at the top of your game or a moderately active individual keen to overcome a recurring joint pain, this highly illustrated book offers a range of exercises to target specific body areas and types of injury. Most of the exercises and programs do not require specialist equipment or a gym membership, leaving you free to develop your physical resilience anywhere that suits you. This indispensable guide will also educate you on 'need-to-know' anatomy and pathology so that you better understand your own body and the stresses that maybe causing you pain and dysfunction.

The author of the New York Times bestselling Genius Foods offers a lifestyle program for resetting your brain and body to their “factory settings”—to help fight fatigue, anxiety, and depression and to optimize cognitive health for a longer and healthier life. The human body was honed under conditions that no longer exist. The modern world has changed dramatically since our days as hunter gatherers, and it has caused widespread anxiety, stress, and disease, leaving our brains in despair. But science proves that the body and brain can be healed with the intervention of lifestyle protocols that help us to regain our cognitive birthright. In The Genius Life, Lugavere expands the Genius Foods plan, which focused on nutrition and how it affects brain health, and expands it to encompass a full lifestyle protocol. We know now that the health of our brains—including our cognitive function and emotional wellness—depend on the health of our gut, endocrine, cardiac and nervous systems as there is a constant feedback loop between all systems. Drawing on globe-spanning research into circadian biology, psychology, dementia prevention, cognitive optimization, and exercise physiology, The Genius Life shows how to integrate healthy choices in all aspects of our daily routines: eating, exercising, sleeping, detoxing, and more to create a healthy foundation for optimal cognitive health and performance. Among Max’s groundbreaking findings, you will discover: · A trick that gives you the equivalent of a “marathon”

workout, in 10 minutes · How to get the benefits of an extra 1-2 servings of veggies daily without eating them · The hidden chemicals in your home that could be making you fat and sick · How to boost melatonin levels by up to 58% for deeper sleep without supplements The book features an achievable prescriptive 21-day plan for Genius Living that includes daily workouts, meal plans, and meal prep tips, and accompanied with helpful suggestions for healthy swaps and snacks

Easily Maintain a Healthy Lifestyle and Lose WeightYou're about to discover how to... to follow a diet that will honestly help you to follow a healthy lifestyle and lose weight!How does eating healthy affect your mental state? Did you know that eating the right things can help you maintain a healthy state of mind and a healthy body? Sometimes an unhealthy diet can lead to mental state disorders such as depression, ADHD, Alzheimer's disease and Schizophrenia and there have been cases that even lead to suicide in some. However this book will help you guide yourself to a meal of success and a perfect health. But the decision lies within yourself as a new diet will bring some drastic changes to your life filled with positivity and relaxation. So enough with the intro! Let us get started! Here Is A Preview Of What You'll Learn... What a Bulletproof Diet is You'll Learn about a Superhuman Diet What Foods You Should Eat What Physical Fitness Does Combined With This Diet What Results You Could Get For Following Your Diet Much More Purchase your copy today and start having that healthy life that you deserve!

Personalized Exercise and Nutrition Strategies for Bulletproof Mental Health

The Bulletproof Plan to Activate Untapped Brain Energy to Work Smarter and Think Faster-in Just Two Weeks

Mastering Endurance, Health & Life

Easy and Delicious Bulletproof Recipes to Increase Your Energy and Lose Up to 1 Pound a Day

Eat Delicious Food Recipes and Smoothies to Lose Fat Fast and Easy, Look and Feel Younger at Your Best, Energize Yourself in Just 2 Weeks

Making Business Connections That Counts

Reloaded Bulletproof Diet Cookbook

Lose the Weight and Love Your New, Healthy Body! Click the Read More button to learn about the power of this Bulletproof Diet series! Bulletproof Diet Guide: Inside Bulletproof Diet Guide, you'll discover the quick, simple, and easy steps anyone can take to see dramatic positive results. This book gives you Dave Asprey's health wisdom - acquired over many years and almost a third of a million dollars in research. If you're ready to get real about weight loss, this is the book for you! Learn the simple science of the Bulletproof lifestyle: Consuming Bulletproof Foods Managing Suspect Foods Avoiding Kryptonite Foods Eating Healthy Fats Drinking Bulletproof Coffee Consuming Carbs in Moderation You'll learn to achieve a metabolic state of ketosis and burn fat quickly with these easy recipes - even without exercise! Bulletproof Diet Cookbook: In this book, you are going to discover some helpful tips that will assist you in sticking to the bulletproof diet so that you do not feel as if you are falling off the wagon. Remember, it is never easy to start a new diet, and the bulletproof diet is not any different.

Therefore, with this book, you are going to be able to get started right away! Here is a short list about this book and what you will learn and find: What is the Bulletproof Diet? Steps to Helping You Follow the Bulletproof Diet Intermittent Fasting on the Bulletproof Diet and How it Affects Your Health Slow Cooker Bulletproof Breakfast Recipes Slow Cooker Bulletproof Lunch Recipes Slow Cooker Bulletproof Dinner Recipes Slow Cooker Snack Recipes Slow Cooker Appetizers Slow Cooker Soups and so much more... Bulletproof Diet Recipes: Have you ever eaten a certain food, and then either felt ill or just not like yourself? Well, chances are you have a sensitivity to that particular food. With this Bulletproof Diet recipes, you will learn what your food sensitivities are and how you can avoid them. Not only will you learn about your sensitivities to foods, the Bulletproof Diet will help you learn what foods to eat, what foods to limit in your diet, and what foods to cut out all together. Here is a short list about this book and what you will learn and find: What the Bulletproof Diet is How the Bulletproof Diet works Foods to eat, limit and avoid in your daily diet Helpful tips on how to get started Here are just a few of the many recipes within the pages of this book: Hearty breakfast recipes like Berry Coconut Smoothies, Pumpkin Spice Pancakes, and Smoked Salmon Scramble Filling lunch recipes such as Cilantro - Lime Cauliflower Rice, Egg Roll Bowls, and Herb Crusted Pork Chops with Dandelion Greens Divine dinner recipes like Rosemary Chicken Thighs, Roasted Lamb Rack with, Celery, Cauliflower and Fennel, and Pulled Pork with Brussels sprouts Delectable desserts such as Lemon Bars, Key Lime Pie, and Chocolate Truffle Pudding And tasty snacks like Avocado Bacon Bites, Rosemary Almonds, and Zucchini Chips Don't spend another minute looking in the mirror at the same old flabby body. Realize your health and fitness dreams TODAY. Read Bulletproof Diet Series! and take positive action toward a better you! It's quick and easy to order - simply scroll up the right side of your screen and click the BUY NOW WITH ONE CLICK button.

This Book Includes 2 Manuscripts Calisthenics The "Simple-Six" Body Workout We have never had a better understanding of the importance of physical activity than we have today. Knowing we need to exercise and actually finding the time to get active, however, seem more difficult than ever before. When we drive down the street, it may appear that there is a gym on every corner, and a quick online search will find an amazing number of exercise programs out there, but perhaps, you do not want to commit to sharing your workout time with strangers or do not have time to complete that 60-minute training video. The need is greater than ever to find a simple system that travels anywhere you do, doesn't take a lot of time, and meets your health and wellness goals. That's where calisthenics comes in! Calisthenics, also known as Body Weight Training, has been the backbone of strength and conditioning workouts for more centuries than you can count on both hands. Whether it was ancient Chinese warriors, the Greek Spartans, or even your fourth-grade gym class, there probably is not a generation in history that hasn't found strength and wellness simply by working against one's own body weight. In this book you'll find: Starting at Your Baseline Getting Your Train on the Right Track Beginner Level Calisthenics Exercises Increasing the Intensity with Advanced Calisthenics Developing the Simple Six into a Completely Customized Workout Overload vs. Overtraining and Best Practices to Avoid Injuries Additional Options for Integrating Calisthenics and Other Types of Training Methodologies By the time you are finished reading, I am confident you will have all the resources you need to work out whenever and wherever you find works best for you. Whether you are at home, on vacation, on a business trip or in the local park, you are sure to find your best workouts are ahead of you! Bulletproof Diet Lose Fat, Get Fit & Live A Better Life The Bulletproof Diet is one of the best diet plans out there. While other diet plans make you feel deprived or have rules that are hard to follow, this one is simple and can easily fit into your daily life. With the Bulletproof diet, you won't just learn about the foods that you are allowed to eat and the ones that you need to avoid, but also about the right times to eat to see the best results. This guidebook will delve into this diet and explain why it is the best one for your needs! This guidebook is going to bring up many of the great topics that you need to know to gain an understanding of the Bulletproof Diet and how it works. Some of the topics that we will discuss include: What is the Bulletproof Diet? What foods are allowed on this diet plan The health benefits of following this diet plan. The importance of thinking positively How getting enough sleep can help with your health journey Bulletproof Diet approved cooking methods The Bulletproof Diet is one of the best diet plans that you can choose to go on for your overall health and to ensure you finally lose weight without having to try so hard. Make sure to check out this guidebook and learn everything that you need to know to make the Bulletproof diet work for you. Combine the best bodyweight workout exercises with a diet that works! Scroll Up And Click The "BUY" Button!

Make authentic connections with influencers without being sleazy or bothersome What if you could connect with 7-figure business owners as soon as your venture (a small business, blog, YouTube channel—whatever!) begins? What if you could effortlessly get on the radar of influencers just by being yourself? Imagine how connections like these will help your initiative skyrocket! Four years ago, Michal was an lifelong employee entrenched in a large company; a shy introvert without a single business idea whatsoever. He did not know what a webinar was and had no Facebook account. Today Michal is active in several online communities, with authors, marketers, influencers and business owners. His works have been mentioned in Forbes and Business Insider. Michal interacts with millionaires and exchanged messages with Darren Hardy and David Allen. A rock star, with 2 million followers on Twitter, featured his blog post. His books got reviewed and recommended by bestselling authors. In "Making Business Connections That Count" he explains how you can achieve similar results.In this book, you will learn: A foolproof method of getting on the radar of influencers Where to connect with top bloggers, podcasters and business owners How to provide value to them even if you are just starting out in the online business world How to drive your agenda without being perceived as bothersome How to stand out in anyone's crowd of followers How to network with influencers even if you don't yet know a single blogger How to initiate contact when you need a favor What is the hidden networking superpower available to everyone How to bring value to the table from day one How to discern between genuine and superficial relationships When it's OK to ask for a favor How to make an offer your partner will feel embarrassed to decline How to build friendships AND business connections How to do favors for big influencers without a big-time investment How to be authentic in your networking efforts, so you will never be mistaken for a sleazy salesman Buy this book now, so you can create relationships with respectable peers and mentors, to boost your brand since day #1! Pick up your copy today by clicking the BUY NOW button at the top of this page!

Trading can be intensely rewarding. But it is also one of the most mentally and emotionally challenging activities anyone can pursue. As in other high-performance domains, those who are serious about mastering their craft and staying in the game spend serious time working on their game, including training their mind and body. Steve Ward has spent the last 15 years working as a performance coach with financial traders and investors at some of the biggest and most successful investment banks, hedge funds, asset managers, commodities trading houses and proprietary trading groups across the globe, helping them to perform at their best, to navigate the highs and lows of trading and investing in the markets, and to sustain high performance for the long run. As one hedge fund client put it to him, "It's about becoming bulletproof". Becoming a bulletproof trader is forged over time through experience, and by applying the latest insights from biological and psychological sciences, the best that practical philosophy can teach us, and a healthy dose of pragmatism - doing what actually works in the real world of trading the markets. This book brings together all of Steve's latest insights into how to deal with stresses and setbacks and sustain high performance in a comprehensive, accessible and unmissable book, so that you too can become a bulletproof trader. Don't trade without it.

The Most Effective and Easy Diet for You to Maintain a Healthy Lifestyle and a Great Figure

Bulletproof Recovery

Bulletproof Spirit, Revised Edition

Evidence-based strategies for overcoming setbacks and sustaining high performance in the markets

Becoming Bulletproof

Bulletproof Diet

Heal Your Mind, Strengthen Your Body, and Become Extraordinary

In this book, you learn to 1. lose 4-10 pounds immediately within days and weeks 2. fight hunger 3. truly understand yoyo 4. train your body to be under your control 5. maintain a healthy lifestyle Do you want to lose weight fast? But are you worried about maintaining your diet? Here is a breakthrough diet that truly works and that you can maintain for the rest of your life! I lost 10 pounds in four weeks (Phase 1) and 20 pounds in 8 weeks (Phase 2). I have lost over six inches on my waist. Am I maintaining my weight? Absolutely yes. Am I suffering from the yoyo? Not at all. Am I healthy? Yes because I feel it, and the doctors tell me so. I know how to fight hunger and I do it well. This alone takes away a lot of the stress that I used to have. I no longer think about food much or spend much time on food shopping. Now I have more time to spend on work, family, and on self-development. This is why it is a breakthrough diet with health, energy, and focus. Seriously, it is a fast bulletproof diet.

Today, I am healthy, young, and happy, and so should you. Written by Ben Frank, Ph.D. The best-selling author of the book, "Positive Thinking Power: How to live a stress free life with confidence, happiness, and Joy" (Five Simple Steps to Positive Lifestyle)

This guide will help you to start a practical yet powerful home workout routine without spending a dime on fitness equipment or gym memberships. This blueprint is jam-packed with tips to create a foolproof workout routine and a flexible diet plan that you can follow from your home to get maximum long-term health benefits. Here's what you'll discover in this foolproof guide: How to boost your mental and physical fitness from your home. How to create a diet plan that'll help you get in shape in no time. How to get rid of distractions that are holding you back from your health and fitness goals. How to build a bulletproof mindset to successfully achieve your long-term fitness goals Easy yet powerful workout routines you can do in your home without any expensive equipment. How to crush depression and low self-esteem with the help of your ultimate home workout routine. How to destroy habits that are getting in the way of you and your ultimate fitness goals. How your home workout plan can improve your social skills and relationships.

Think Like a Business Owner. Take Responsibility and Take Control of Your Life. You've heard about taking personal responsibility. You know about the importance of having a strong, healthy mindset. Here's the big idea: These two concepts are 100% connected. Taking responsibility Equals a Strong Healthy Mindset. But, how do you take personal responsibility? That sounds like No Fun! Paul Campbell Aucoin provides a shockingly simple breakthrough, using a easy to remember shortcut that turns taking responsibility into a skill. He refined that shortcut as he progressed through his career, ultimately starting and selling his \$15M engineering sales business. You'll start with simple examples of this shortcut in action, then progressively increase your skill level. In this book you will discover: How taking responsibility will lead to taking control of your life and Bulletproof your Mindset. The simple, memorable shortcut for taking responsibility that you can use forever. How to minimize blame and take back control. How to understand others' personality styles. How your new skills will help solve complicated business and personal issues. How setting one SMART goal will make you more Bulletproof. And much more! Buy this book today and discover memorable skills you will use for a lifetime!

We are told from a young age that we should strive to make the right decisions, but we aren't taught exactly how to do this. Every day, we make over 35,000 decisions in our personal and professional lives. How many of those decisions do we get right? This book will help business executives systematically tackle these 35,000 decisions.

Executives are forced to make critical decisions that impact their lives, their employees' lives, and the lives of their customers. Decisions like what products to create, who should be hired, and what divisions to shut down are all commonplace in the executive suite. This book offers three strategies for dealing with decisions: problem-solving techniques, routines, and decision-making frameworks. Each strategy is designed to help readers achieve more clarity, gain time back, and improve the quality of their decisions. The first one focuses on helping readers solve the right problem instead of wasting time on the wrong one. The second strategy helps deal with decisions that need to be made once but can then be executed regularly. The third and final strategy provides a three-step framework for making the most important decisions in their lives. The focus of the author's work is on helping readers use data to make better decisions. This book gives readers the tools to convert the insights they learn from their data into actionable decisions.

How to Have a Healthier, Smarter, Happier Baby

Bulletproof Diet for Beginners

Stop Addiction Forever!

Bulletproof Bodies

The Better Baby Book

Game Changers

One Meal a Day: a Breakthrough Diet with Health, Energy, and Focus

Nowadays, physical fitness is one of the major concerns of the people. Individuals are resorting to numerous hours of gym workouts in order to shed that additional amount of fat and possess a well-toned body. Moreover, the modern dietary pattern, hectic lifestyle and unhealthy environmental conditions are deteriorating our health every day. Nevertheless, there is an inexpensive and effective way of losing body fat gradually and maintaining a healthy toned body - the Bulletproof diet. The intake of right food not only enhances your physical appearance, it reduces the health risks of heart diseases, cancer, diabetes, stroke and Alzheimer's. The diet is a resultant of an extensive research completed by the scientist Dave Asprey, and it shares a significant resemblance with the Paleo diet based on the ancestral dietary patterns. You do not have to bother about the number of calories entering your system. It helps you lose weight, reduce toxins and enhances the performance of the body. The best part is it is neither low-fat nor vegan. The foods included in the diet- organic vegetables, fruits, starch, oil, fats and proteins - energizes the body, enhances your brain, keeps calm body composition and generates high quality performance.

You're probably considering this book because you're struggling with mental health. Maybe it's anxiety, maybe it's depression, PTSD, or something else. Or perhaps, you have friends or family members with these conditions. Or maybe you're a health/fitness professional, wanting to help your clients or patients.If so, then this book is for you.You, your friend, family member or client(s) has been struggling with a mental health issue, and you keep hearing that "exercise is good for you." But you're not really sure exactly what to do.I mean, when a doctor prescribes a medication, there is a lot of precision behind it. You know: -The name of the medication.-The dosage.-Whether it should be taken with food or without food, and-Whether it should be taken in the morning, noon or eveningBut when the doctor recommends exercise, well, the recommendation is vague. You don't know exactly how to do it. You need the exercise prescription for different conditions. To know the exercise prescription you need to know: -The type of exercise, such as: cardio, strength training, or stretching-The frequency: how many days per week you should exercise. It's not always a "more is better" type of scenario. With some things there's a "sweet spot", where too little is not stimulating, and too much is implausible. The "sweet spot" varies condition-by-condition, and person-to-person-The duration: how long you should exercise for-The intensity: at what percent of your maximal effort do you exercise?Just as a doctor does not prescribe the same medication for different conditions, nor does it make sense to do the same exercise for different conditions. What's good for depression may actually make anxiety worse (you might be wondering "I have BOTH anxiety and depression. What do I do " Don't worry my friend, I won't leave you hanging. We'll cover that in the chapter on "how to individualize"). What's good for one condition may not be good for another.As a result of using the right exercise and nutrition prescription, you can expect to: -Reverse your condition(s)-Improved your performance at work-Be able to focus better-Start new relationships that are personally satisfying-Lose weight-Get more toned-Have more energy-Sleep better-Achieve mental clarity and a peace of mind...and lots more.I've written the book to be as thorough as possible, but I know that with all the details, it can get overwhelming. That's why in the conclusion of this book, you'll find a quick reference guide. No theory, just practice. If you don't want to learn about the physiology behind mental health, and you're more of a "just tell me what to do" kind of person, just flip to the conclusion, and follow the recommendations in there. It will take you less than 5 minutes to get through that.

Lose the Weight and Love Your New, Healthy Body! Click the Read More button to learn the science behind the Bulletproof Diet! Inside Bulletproof Diet, you'll discover the quick, simple, and easy steps anyone can take to see dramatic positive results. This book gives you Dave Asprey's health wisdom - acquired over many years and almost a third of a million dollars in research. If you're ready to get real about weight loss, this is the book for you! Learn the simple science of the Bulletproof lifestyle: Consuming Bulletproof Foods Managing Suspect Foods Avoiding Kryptonite Foods Eating Healthy Fats Drinking Bulletproof Coffee Consuming Carbs in Moderation You'll learn to achieve a metabolic state of ketosis and burn fat quickly with these easy recipes - even without exercise! Don't spend another minute looking in the mirror at the same old flabby body. Realize your health and fitness dreams TODAY. Read Bulletproof Diet! and take positive action toward a better you! It's quick and easy to order - simply scroll up the right side of your screen and click the BUY NOW WITH ONE CLICK button.

From the creator of Bulletproof Coffee and author of the bestselling The Bulletproof Diet comes a revolutionary plan to upgrade your brainpower—in two weeks or less. For the last decade, Silicon Valley entrepreneur Dave Asprey has worked with world-renowned doctors and scientists to uncover the latest, most innovative methods for making humans perform better—a process known as "biohacking." In his first book, The Bulletproof Diet, he shared his biohacking tips for taking control of your own biology. Now, in Head Strong, Asprey shows readers how to biohack their way to a sharper, smarter, faster, more resilient brain. Imagine feeling like your mind is operating at its clearest and sharpest, and being able—possibly for the first time in your life—to do more in less time? What it suddenly became easier to do the very hardest things you do? Or if you could feel 100% confident about your intellect, and never again fear being the person in the room who just isn't smart enough, or can't remember something important? How would you treat people if the mood swings, short temper, and food cravings that disrupt your day could simply disappear? In Head Strong, Asprey shows us that all of this is possible—and more. Using his simple lifestyle modifications (or "hacks") to take advantage of how the structure of your brain works, readers will learn how to take their mental performance to the next level. Combining the latest findings in neuroscience and neurobiology with a hacker-inspired "get it done now" perspective, Asprey offers a program structured around key areas of brain performance that will help you: Power the brain with exactly what it needs to perform at its best all day long Eliminate the sources of "kryptonite," both nutritional and environmental, that make the brain slower. Supercharge the cellular powerhouses of our brains, the mitochondria, to eliminate cravings and turn up mental focus. Reverse inflammation to perform better right now, then stay sharp and energized well into your golden years. Promote neuron growth to enhance processing speed and reinforce new learning—hotwiring your brain for success. Asprey's easy to follow, two-week program offers a detailed plan to supercharge brain performance, including: which foods to eat and which ones to avoid, how to incorporate the right kinds of physical activity into your day, a detox protocol for your home and body; meditation and breathing for performance, recommended brain-boosting supplements; and how to adjust the lighting in your home and work space to give your brain the quality light it thrives on. A better brain—and a happier, easier, more productive life—is within reach. You just need to get Head Strong.

Lose Up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life

Body-Weight Exercise for Injury and Resilience

Glow15

Build Your Own Bulletproof Body

The Bulletproof Diet

Bulletproof Health and Fitness

Bulletproof Decisions

In his mid-twenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to "hack" his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program

for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge—and change—the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional "diet" thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.

If you are a police officer, firefighter, EMT, ER nurse, or soldier, or you love one . . . This book can save your life Suicide, depression, anxiety, post-traumatic stress disorder (PTSD), substance abuse, and many more emotional and stress-related problems plague the first-responder community. Hundreds of thousands of these brave public servants have unwittingly become victims of the professions they once loved. However, the suffering that results from a professional life of sacrifice and service can be prevented and mitigated. As a law-enforcement veteran, police captain Dan Willis has witnessed the damage of emotional trauma and has made it his personal mission to safeguard and enhance the wellness and wholeness of police officers, firefighters, EMTs, emergency-room personnel, and soldiers. Bulletproof Spirit offers field-tested expertise designed to be used by all first responders – and their families – to heal themselves and continue serving with compassion and strength.

World-renowned biohacker and bestselling author Dave Asprey's most accessible guide to human health, revealing how to maximize your well-being with the minimum effort. If you want to lose weight, boost your energy, or strengthen your mind, there are shelves filled with books offering a myriad of advice, most of it confusing and often conflicting. For many disenchanted with the state of the healthcare system, the non-traditional wellness industry is a siren call—but these alternative sources can be just as indecipherable and contradictory. To achieve and maintain optimum health, Dave Asprey advises, you need to be smart and take control of your own well-being. In Better Than Normal, this proven master of biohacking clears through the clutter to chart a unique, science-backed approach to health. The key to achieving optimum wellness, he reveals, isn't about doing more, it's about doing less—exercising and eating smarter, not harder, and making the body's built-in laziness work for you. Better Than Normal is not a diet nor a fitness plan. It is a hack aimed at harnessing your metabolic, neurological, and epigenetic systems and getting them working at peak power. Dave provides a comprehensive guide to achieving physical and mental wellness. It is packed with practical, commonsense, easy-to-understand information on better eating, including food advice and supplement suggestions; smart workouts that give you more strength and more energy in less time; targeted recovery strategies, and more. Dave's advice is informed by his dedication to true health. His hacks stem from his own experiments with diet and exercise, backed by cutting-edge tech and research. Better Than Normal reveals the laziness principle—the reason why most diets and fitness plans fail—and shows how to stop fighting against it and instead bend it to your will. This new approach can help you achieve lasting health, and profoundly change your life.

Break the rules, not the fast with world-renowned biohacker and Bulletproof Coffee founder Dave Asprey, author of The Bulletproof Diet, Head Strong, and other New York Times bestsellers. For more than a decade, Bulletproof founder Dave Asprey has shared his unique point of view and expertise to help fans become the best versions of themselves. From living longer to getting smarter, maximizing performance to practicing mindfulness, Dave's followers look to him for his take on the most effective techniques to become healthier and more powerful than most doctors think is possible.

Asprey has been fasting for years, long before it gained widespread popularity, and if you're a fan of Bulletproof coffee and The Bulletproof Diet, you have been enjoying some of the benefits of Intermittent Fasting too. In Fast This Way, Dave asks readers to forget everything they think they know about the ancient practice and takes them on a journey through cutting-edge science to examine the ways novice fasters and Intermittent Fasting loyalists can up-end their relationship with food and upgrade their fasting game beyond calorie restriction. What IF eating the right foods at the right time can actually enhance your fast? What IF how you work out and sleep could trick your body into thinking you are fasting? What IF it were easy to skip a meal, or two, or three? What IF fasting is different for women, can be personalized to your genes, and can impact your mental health? What IF all fasts could be created equal? Fast This Way is a compelling read through the latest thinking on fasting and gives readers the manual and toolkit to make the most of their fasts and their personal biology.

Head Strong

Proven Steps and Strategies to Lose Weight by Following the Bulletproof Diet

Calisthenics and Bulletproof Diet

Bulletproof Your Mindset

Bulletproof Your Shoulder

What Leaders, Innovators, and Mavericks Do to Win at Life | A Guide to the Book by Dave Asprey

The Mental Health Prescription

Corporate warfare.Human augmentation.Find out if Jason Hunt can beat the impossible odds in this high-octane science-fiction thriller. There's a corporate cabal that wants to rule the world. Some might say it has been doing it already for decades by whatever means necessary. But they are no longer content to hide in the shadows. They want to become true masters. Jason Hunt knows nothing about that world. But when his wife becomes ill, he finds himself pitted against the cabal that might hold the key to her survival. To save her, he needs to embrace technology he doesn't understand, take over a billion-dollar company without a billion dollars, outsmart professional assassins, and land a contract with the DOD. But even that might not be enough. THE BLUEPRINT is the first book in the internationally best-selling UPGRADE series, set in a dark, near-future world that will appeal to fans of Michael Crichton, Robert Ludlum, and William Gibson.

SHRINK reveals the missing link between longing to be healthy and achieving extreme, vibrant health - without even feeling like you are trying! Do you want more energy to live your life's purpose and be there for your loved ones?Are you ready to improve your inner game and change in your health and relationships for the rest of your life? In this book you will learn how to: Live a healthy life full of fun and purpose.Take charge of your own motivation and habits.Choose relationships that help make you radiate with health. Get your free gift now at insideoutfitness.com Use life's tough challenges to propel you forward and make you unstoppable!Transforming from the inside-out is the real key to lasting health and fitness! Change your heart. Change your mind. Change your life. SHRINK is for the brave souls like you, who truly want to get past the internal baggage and roadblocks that have kept you unhealthy in the past. You will restore your health and live your purpose by taking charge of your internal motivation, thought, emotions, and habits. The first key to making lasting change is understanding how powerful gorgeous, and amazing you really are. We are all responsible and in charge of what we do. When you start to realize how powerful you are, lasting change can start to happen inside of you. Are you ready to start the process of making changes in your thoughts, emotions, motivations, and habits so that living a healthy lifestyle starts to feel good and comes naturally to you?Are you ready to experience extreme health and energy and contribute to this world like never before? During this journey towards your clear goals, you may go through some unexpected feelings as you work through the potholes that may have slowed you down during past attempts to be healthy. You may experience joy, pride, satisfaction, comfort, discomfort, guilt, frustration, uncertainty, or even other feelings that you did not expect to have! Just remember that any feeling that comes up is ok. Any feeling is allowed and acknowledged. Just keep on moving and taking action. If you fall down and make a mistake, get back up and try again another way. When you succeed, celebrate immediately in a healthy way! One of the main things to remember during these times is to let yourself feel your feelings without judging them. Notice your feelings like you would notice waves of the sea coming and going. Acknowledge and feel them, and then allow yourself to move on. You are always in charge of yourself no matter what emotional cloud may be floating by at the moment. This book will help you on your own path to immense health, letting your fit, gorgeous self shine!Make the commitment to start this adventure. You will enjoy the security of knowing that you can have the healthy body you once dreamed of. Take an honest look and do whatever it takes with the guidance of this book. Make the changes inside your heart and mind that will give you the thriving health you crave. This book is a guide to transform and live a deeply satisfying and healthy lifestyle by experience new ways of thinking, living, being, and relating.Participate in this journey when you are ready and experience fun and support every step of the way. Savor the lasting internal change and live your ideal life. Create a revolution inside your body for the world to see! Visit insideoutfitness.com for more from Dr. Daphne Erhart. Dr. Daphne is a clinical psychologist, master neurolinguistic program practitioner, author, speaker, and lover of people with over 20 years of experience in the field of psychology.Become Bulletproof, Move Mountains, Create a Revolution Inside Your Body For The World To See!Other Chapters: Goals that Give You GoosebumpsThe Good News Is It's All Your FaultYour Soul's Deepest CravingsChoose Your EntourageSavor The Taste Of Success Your Personalized Fitness PlanSHRINK: Drop the Deadweight Workbook

Bulletproof: The Cookbook

Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life

The Ultimate Home Workout Plan