

Hack Sleep How To Fall Asleep Faster Improve Health And Memory And Always Feel Refreshed Hacks To Create A New Future Book 4

“An important reminder of simple everyday practices to improve how we all work together, which will lead to greater team and individual happiness and performance. Great results will follow.”—Jack Dorsey, CEO of Twitter and Square “With just 30 changes, you can transform your work experience from bland and boring (or worse) to fulfilling, fun, and even joyful.”—Daniel Pink, author of When and Drive The vice president of Twitter Europe and host of the top business podcast Eat Sleep Work Repeat offers thirty smart, research-based hacks for bringing joy and fun back into our burned out, uninspired work lives. How does a lunch break spark a burst of productivity? Can a team’s performance be improved simply by moving the location of the coffee maker? Why are meetings so often a waste of time, and how can a walking meeting actually get decisions made? As an executive with decades of management experience at top Silicon Valley companies including YouTube, Google, and Twitter, Bruce Daisley has given a lot of thought to what makes a workforce productive and what factors can improve the workplace to benefit a company’s employees, customers, and bottom line. In his debut book, he shares what he’s discovered, offering practical, often counterintuitive, insights and solutions for reinvigorating work to give us more meaning, productivity, and joy at the office. A Gallup survey of global workers revealed shocking news: only 13% of employees are engaged in their jobs. This means that burn out and unhappiness at work are a reality for the vast majority of workers. Managers—and employees themselves—can make work better. Eat Sleep Work Repeat shows them how, offering more than two dozen research-backed, user-friendly strategies, including: Go to Lunch (it makes you less tired over the weekend) Suggest a Tea Break (it increases team cohesiveness and productivity) Conduct a Pre-Mortem (foreseeing possible issues can prevent problems and creates a spirit of curiosity and inquisitiveness) “Let’s start enjoying our jobs again,” Daisley insists. “It’s time to rediscover the joy of work.”

THE #1 CONTROVERSIAL BESTSELLER ON HOW TO FALL ASLEEP "There's a reason you can't fall asleep-you're doing it wrong." Grab this book and finally, blissfully fall asleep... Over the last two decades a new type of disorder has emerged, one that is almost essentially in this modern society. Ripped out of their natural habitat and penetrated into the working hours of 21st century life, it's no wonder we're not sleeping. We're doing it wrong. In *How to Fall Asleep in 30 Seconds*, bestselling author and #1 personal development blogger in the world Steve Pavlina tells the story of the massive cultural upheaval that produced this sleep deprived epidemic, and shares controversial techniques and tactics on how to fall asleep and stay asleep. Stop and think: Realize that if it takes you fifteen minutes on average to fall asleep each night, that's more than 91 hours per year that you're wasting. This is the equivalent of spending more than two entire forty-hour workweeks just lying in bed waiting to fall asleep. And if you have insomniac tendencies and take more than an hour to fall asleep each night, you're spending more than nine 40-hour weeks on that pointless activity - every year. That's a tremendous amount of wasted time. If you'd like to change this situation, keep reading. I'll explain the details and share a process for training your brain to fall asleep almost instantly when you're ready to go to bed. Ask yourself - Do you have trouble falling or staying asleep?- Are you waking in the middle of the night?- Are you tossing and turning for hours only to drop off just before your alarm goes off?- Do you find yourself hitting the snooze button, until the very last minute, only to have to dash out the door, so you're not late?- Are you irritable after a poor night's sleep?- Do you feel exhausted the next day or have trouble concentrating and being productive?- Is your lack of good sleep becoming worrisome? In this book, you'll learn: - how to fall asleep in less than 30 seconds- how to become an early riser- how to get up right away when your alarm clock rings- how to give up coffee for the best sleep of your life What are you waiting for? Grab your copy while it's still on sale! Readers who purchase the paperback get the Kindle version for FREE

Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology, otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patients—sleep disorders reach across all ages and ethnicities. *Sleep Disorders and Sleep Deprivation* presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems.

A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR “A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we’ve all been doing it wrong for a long, long time.” —Elizabeth Gilbert, author of *Big Magic* and *Eat Pray Love* No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you’re not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren’t found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

Color Me To Sleep

Eat Sleep Work Repeat

100+ Science-Backed Shortcuts to Reclaim Your Body, Raise Awesome Kids, and Be Unstoppable

Sleep Hacking!

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

Why We Sleep

Get Paid for Your Pad

"Explores how industry has manipulated our most deep-seated survival instincts."—David Perlmutter, MD, Author, #1 New York Times bestseller, *Grain Brain and Brain Maker* The New York Times-bestselling author of *Fat Chance* reveals the corporate scheme to sell pleasure, driving the international epidemic of addiction, depression, and chronic disease. While researching the toxic and addictive properties of sugar for his New York Times bestseller *Fat Chance*, Robert Lustig made an alarming discovery—our pursuit of happiness is being subverted by a culture of addiction and depression from which we may never recover. Dopamine is the “reward” neurotransmitter that tells our brains we want more; yet every substance or behavior that releases dopamine in the extreme leads to addiction. Serotonin is the “contentment” neurotransmitter that tells our brains we don’t need any more; yet its deficiency leads to depression. Ideally, both are in optimal supply. Yet dopamine evolved to overwhelm serotonin—because our ancestors were more likely to survive if they were constantly motivated—with the result that constant desire can chemically destroy our ability to feel happiness, while sending us down the slippery slope to addiction. In the last forty years, government legislation and subsidies have promoted ever-available temptation (sugar, drugs, social media, porn) combined with constant stress (work, home, money, Internet), with the end result of an unprecedented epidemic of addiction, anxiety, depression, and chronic disease. And with the advent of neuromarketing, corporate America has successfully imprisoned us in an endless loop of desire and consumption from which there is no obvious escape. With his customary wit and incisiveness, *Lustig not only reveals the science that drives these states of mind, he points his finger directly at the corporations that helped create this mess, and the government actors who facilitated it, and he offers solutions we can all use in the pursuit of happiness, even in the face of overwhelming opposition. Always fearless and provocative, Lustig marshals a call to action, with seminal implications for our health, our well-being, and our culture.*

A neuroscientist’s groundbreaking, science-driven plan for revitalizing, nourishing and rejuvenating your most essential asset—your brain. Your brain is the most essential organ in your body. The brain and spinal cord are intimately connected to every bodily system and organ, so when it is balanced everything in your body and mind will function more efficiently. It’s vitally important to take proactive steps now, or you risk losing everything, including your ability to think clearly, be creative, remember details, solve problems and retain your memory. In Biohack Your Brain, leading neuroscientist Dr. Kristen Willeumier reveals how you can change your brain by making simple and easy modifications to your lifestyle. Combining clinical experience with revolutionary science, she details how biohacking your brain can boost your cognitive performance and so much more. Dr. Willeumier’s essential guidebook shows you the most effective techniques to prevent memory loss and neurodegenerative disorders like Alzheimer’s disease—and even how to overcome negative thoughts and stress. Through research and case studies, you’ll learn how to upgrade your nutritional choices along with the effective use of supplements, brain games, and physical activity to overcome cognitive damage, whether it’s from previous injuries, such as a concussion or a bad fall or from the effects of living in modern day times. Dr. Willeumier shares her own story alongside those from the NFL players and other clients she has worked with to help you leverage the latest research to find personal solutions. Biohack Your Brain teaches you how to take better care of your brain, and also how to enhance your memory, lose excess weight, increase your energy and vitality in order to create the best health and life possible.

For every woman who “does it all” . . . except get a good night’s sleep! More than 60 percent of American women have trouble sleeping— which isn’t surprising, as they have a higher risk of developing sleeping problems. But addressing this issue is more nuanced for women than for men; pregnancy and menopause are just two factors that add complexity to an already difficult problem. At the risk of jeopardizing work, parenting, relationships, or overall health, no woman can afford to deal with sleep deprivation on her own. The Women’s Guide to Overcoming Insomnia is a roadmap for those who experience anything from occasional bad nights to chronic insomnia. It outlines several methods to overcome these issues and improve physical and emotional well- being. From medical sleep aids to nonmedical approaches, the book looks beyond the basics of sleep hygiene, helping women to retrain their bodies and minds for a good night’s sleep every night.

Bring back bedtime! Insomnia affects roughly 60 million Americans each year; according to NPR, it disproportionately affects women and people over the age of 65. One of the biggest complaints of women in particular is going to sleep and waking up four hours later and being unable to go back to sleep for at least another hour. Developing healthy sleep habits can help all forms of insomnia, and coloring is a calming activity that can help your mind relax and unwind. So put down your cell phone. Shut off the TV. And color your way back to sleep. With nearly 100 coloring templates, all featuring images and shapes designed to put your mind into that peaceful and serene state essential for a healthy sleep. Instead of looking at a screen when insomnia hits, Color Me to Sleep offers a creative, relaxing alternative. Don't forget to try Color Me Calm, Color Me Happy, Color Me Stress-Free, and Color Me Fearless!

Tips & Tools for Overclocking Your Brain

The 4-Hour Body

The Vertical Diet

134 Genius Shortcuts for Life with Kids

21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success

How to Hack a Hacker

Insomnia

Staying away is Kyou's number one rule when it comes to protecting the sexy real-estate developer.Kyou has a routine. A system. He guards Brannigan Genovese, hacks for his family of choice, and drinks far too much caffeine for any living being. Only a few things can completely disrupt his routine to cause him trouble: -Brannigan buying up real estate from the Irish Mob-Kyou's band of brothers figuring out who Brannigan actually is-Ivan-Feelings for one Brannigan Genovese Oddly enough, it's the feelings that get Kyou in the most trouble. Because when Brannigan is in danger, Kyou ignores all his brain's protestations and breaks every rule he has to save the man, including his number one. And damn the consequences. Tags: It's not stalking (totally stalking), sleep is for the weak, coffee IS food, running-from-the-mob meet cute, Brannigan does stupid stuff to make Kyou call him, Kyou is utterly done, pansexual character, band of brothers, anxiety, family of choice, emotional growth, so simple a ten-year-old can do it, no really it's not that hard, Kyou peopled last week, meddling, so much meddling, Irish Mobsters were hurt in the making of this book, Ivan's actually serious for once, yes the world almost ended

Hack and Whack - two angelic looking Viking toddler twins - are on the attack! As they go marauding around their village, upsetting the apple carts, little do they know there is a force far more powerful than they: their mum! The story ends on the terrible two being plunged into a cold bath! Gloriously funny, slapstick, fast paced action from the queen of funny.

Presents unique craft projects that have been seen on the Life hacks for kids YouTube show, including feather earrings, melted crayon art, a headband holder, and indoor s'mores, and includes questions answered by Sunny.

Proven solutions for a better night's sleep, from the "sleep guru" to elite athletes--rest for success in work, sports, and life One-third of our lives--that's 3,000 hours a year--is spent trying to sleep. The time we spend in bed shapes our moods, motivation, alertness, decision-making skills, reaction time, creativity...in short, our ability to perform, whether at work, at home, or at play. But most of us have disturbed, restless nights, relying on over-stimulation from caffeine and sugar to drag us through the day. The old eight-hour rule just doesn't work, and it's time for a new approach. Endorsed by leading professionals in sports and business, Sleep shares a new program to be your personal best. Nick Littlehales is the leading sport sleep coach to some of the biggest names in the sporting world, including record-breaking cyclists for British Cycling and Team Sky, international soccer teams, NBA and NFL players, and Olympic and Paralympic athletes. Here, he shares his proven strategies for anyone to use. You'll learn how to map your unique sleep cycle, optimize your environment for recovery, and cope with the demands of this fast-paced, tech-driven world. Read Sleep and rest your way to a more confident, successful, and happier you.

Nearly 100 Coloring Templates to Promote Relaxation and Restful Sleep

How to Fall Asleep and Stay Asleep

Eat for Heat: The Metabolic Approach to Food and Drink

Ninja Life Hacks: Night Night Ninja

An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman

Hacking Your Nervous System

Exploring Consciousness at the Edges of Sleep

"Tips & tools for overclocking your brain"--Cover.

What if the ability to look, feel, and perform at peak capacity wasn’t the stuff of lore but instead was within easy reach? In a perfect world, you would be able to have it all: complete optimization of mind, body, and spirit. In *Boundless*, the New York Times bestselling author of *Beyond Training* and health and fitness leader Ben Greenfield offers a first-of-its-kind blueprint for total human optimization. To catapult you down the path of maximizing cognition, mental clarity, and IQ, you will discover: How to rewire your skull’s supercomputer (& 9 ways to fix your neurotransmitters) The 12 best ways to heal a leaky brain 8 proven methods to banish stress and kiss high cortisol goodbye 10 foods that break your brain, and how to eat yourself smart How to safely utilize nootropics and smart drugs, along with 8 of the best brain-boosting supplement stacks and psychedelics The top nutrient for brain health that you probably aren’t getting enough of 6 ways to upgrade your brain using biohacking gear, games, and tools How to exercise the cells of your nervous system using technology and modern science Easy ways to train your brain for power, speed, and longevity The ultimate guide to optimizing your sleep, maximizing mental recovery, and stopping jet lag To ensure that you look good naked and live a long time, you will learn: 6 ways to get quick, powerful muscles (& why bigger muscles aren’t better) How to burn fat fast without destroying your body The fitness secrets of 6 of the fittest old people on the planet The best training program for maximizing muscle gain and fat loss at the same time One simple tactic for staying lean year-round with minimal effort A step-by-step system for figuring out exactly which foods to eat 14 ways to build an unstoppable immune system Little-known tactics, tips, and tricks for recovering from workouts with lightning speed The best tools for biohacking your body at home and on the road How to eat, train, and live for optimal symmetry and beauty (& how to raise kids with superhuman bodies and brains) And to help you live a fulfilling and happy life, you will learn: 12 techniques to heal your body using your own internal pharmacy What the single most powerful emotion is and how to tap into it every day 4 of the best ways to heal your body and spirit using sounds and vibrations 6 ways to enhance your life and longevity with love, friendships, and lasting relationships How to biohack the bedroom for better sex and longer orgasms, and the top libido-enhancing herbs, supplements, and strategies The perfect morning, afternoon, and evening routines for enhancing sleep, productivity, and overall happiness 28 ways to combine ancestral wisdom and modern science to enhance longevity, including the best foods, herbs, supplements, injections, medical treatments, biohacks, fasting strategies, and much more The 4 hidden variables that can make or break your mind, body, and spirit The exercise that will change your life forever (& how to reverse-engineer your perfect day) *Boundless* guides you every step of the way to becoming an expert in what makes your brain tick, your body work, and your spirit happy. You can flip open the book to any chapter and discover research-proven, trench-tested techniques to build muscle, burn fat, live longer, have mind-blowing sex, raise robust children, and much, much more!

How do you wake up in the morning?Feeling lethargic like you didn't have enough sleep? Hitting the snooze button to catch a few extra minutes which turns into an hour?Now you're running late. You're rushing through a shower, grabbing a cup of coffee to go, already feeling stressed and you haven't even started the day.At work, you find it hard to focus. You have so much on your to-do list that you're starting to freak out!If you're like most people, more trouble lines up after lunchtime. The sugar crash kicks in from that rushed coffee and you're starting to feel sleepy. You chug another cup of coffee, but it doesn't change a thing. That evening, you're full of energy. You can't fall asleep, so what do you do? You pick up your phone and pass the time on news and social media.Before you even realize it... It's past midnight and you feel guilty. You've tried everything, but the cycle just keeps going on and on like a mouse running on a hamster wheel. You've tried self-development techniques, you tried to change your habits... but you still fail to change anything.Listen, what I'm about to share with you are "cheat codes" that allow you to maximize your true potential and unleash the best version of yourself - all with the use of modern science and technology. But first, you have to understand that: The reason why you get tired easily and are unable to focus is not your fault.It could be the result of changes in the things around you, like the air you breathe, the water you drink, the food you eat and the way you sleep.Your smartphone and social media could also be to blame, hours with that artificial blue light interrupt your natural sleep cycle, distracting you from doing things that really matter and interrupting your focus. With this book, you will be able to have access to tools that will give you more energy, provide better sleep, TRIPLE

your productivity, radically improve the quality of your life and unleash the best version of yourself. What you are about to get your hands on are the strategies the world's top achievers, the elite 1% use to optimize the way they live and sleep. Your frustration ends here. This book is made up if you want to 'hack' your mind & body with biology & technology -- allowing you to increase your energy, boost your performance and optimize your sleep. This life-changing blueprint contains 7 fast biohacking strategies to help you achieve exceptional performance, get better sleep for better rest, relaxation and recuperation... So if you want to double your energy, perform at an elite level, and transform into a smarter, stronger, and happier you... then this book is what you've been searching for. Here's what you'll discover in this incredible book: Why it's difficult to get a good 8 hours of sleep every single night... An inexpensive smart device that reduces Blue Light exposure Type of water that will boost your alertness, improve mental clarity, and increase energy levels So, if you want to optimize your sleep and wake up energized every morning grab this book.

When the sun goes down and the moon shines bright, one little ninja prepares to say goodnight. Bedtime can be tough, especially for little ones dealing with BIG emotions and feelings every day. But in *Night Night, Ninja*, even the noisiest, rowdiest, never-wanna-go-to-bed ninjas will wind up turning off the lights, snuggling into their beds, and drifting off to sleep as they turn the pages of this gently humorous yet soothing story. The adorable illustrations and rhyming text make this picture book a surefire bedtime favorite for ninja fans. **INSPIRED BY THE CLASSICS:** Inspired by beloved classics like *Goodnight Moon* and *Goodnight, Goodnight Construction Site*, this illustrated picture book is the perfect bedtime tale for the littlest of ninjas. **MINDFUL BEDTIME ROUTINE:** Combining a soothing rhyme scheme and an adorable ninja practicing mindfulness routines to help them go to sleep, this bedtime book is sure to be requested over and over again. **INSPIRING CHARACTER:** Kids will be inspired by the way this little ninja quiets their mind and calms down for the night.

The Science Behind the Corporate Takeover of Our Bodies and Brains

222 Ways to Trick Yourself to Sleep

Boundless

222 Ways to Fall and Stay Asleep from the Science of Slumber

Upgrade Your Brain, Optimize Your Body & Defy Aging

And Other Stories of Mystery Illness

Sleep Hacker

Eat for Heat is best described as a complementary concept that has yet to be discussed anywhere in the world of health, diet, and nutrition. The book takes a close look at the modern habit of compulsive beverage consumption, mass prescriptions to “drink 8, 8-ounce glasses of water per day,” phobias about salt and sugar, and turns them all upside down in classic 180DegreeHealth style. The objective? Increase the concentration of the fluid in our bodies for increased core body temperature (rise in metabolism), increased circulation to the extremities for warm hands and feet, and taking the burden off of the stress system. The concept is extremely simple. Eat for Heat discusses simple principles on how to make minor changes to your meals and drinking habits to keep your body in a better metabolic “zone” all day every day. It can apply to any dietary belief system, and can even yield tremendous health benefits to those eating just a regular Western diet. Everyone can benefit from the simple concept within.

*27 Proven Tips to HACK Your Sleep (And Your Life) Forever! Do You Want to Sleep Better, Feel Energized & Absolutely Unstoppable? Then, Keep Reading... * * * LIMITED TIME OFFER! 40% OFF! (Regular Price \$9.99) * * * Let me start with a bold statement: if you want to be successful in life; if you want to live a long, happy life, then you NEED to learn how to hack your sleep. Yes, you need it. It doesn't matter what you do: maybe you work at a retail company, maybe you're a lawyer trying to close a deal, or a stock broker hoping to make a sale. When it comes to sleep we are ALL in the same game, and yet most people don't even realize it. Most people don't even take the time to get better at one of the most important activities there could ever be! That's precisely why at least 80% of the world population absolutely SUCK at sleeping. They SUCK at using the strategies they should. And so I did, back before I learned these secrets. It took me time to learn the right secrets. It took me a lot of time and trial and errors to build the adequate field of "sleep knowledge". And now, I'm willing to share those secrets with you. I wrote this book for a reason. I wrote this book to show HOW you can impact your sleep, and therefore, your life. I wrote it to show you how you can skip the averages and go the whole way. You see, I may not know you, but I certainly know something about you: both you and me are alike. Whether you are just getting started at the sleep of (and have no idea what REM stands for) or even if you are an experienced hacker with tons of tips on your repertoire, I know you don't settle for average. I know you want something better. You won't stop until you achieve the absolute best version of yourself. You won't stop until you leave the pack behind, become a true sleep hacking master. And guess what? That's precisely what we will go for on this book. Hey, I'm not saying this is easy peasy. There's a bit of learning we have to go through first. And there's a lot of UNLEARNING we have to go through. Making excuses, self-limiting beliefs, wrong methods, we will throw all that stuff AWAY and replace them with new, empowering beliefs. This is absolutely key. Don't worry, I've got you covered; we'll get everything right before carry on comprehend each and every aspect of the Art of Sleep. Yes, I said "ART"! What is sleep hacking, if not an art? It's our way of taking care of our bodies. It's our way of expressing how much we love ourselves. I'm glad to be here to share this journey with you! My goal is simple. I will help you become the absolute BEST version of yourself you can become. The absolute BEST individual you've ever been. Sounds too difficult? It's not. I will show you how. I will take you through a step by step guide where you simply can't get lost! Together, we will go to the roots of Sleep, Energy & Brain Power and transform that knowledge into an incredibly journey that will forever change the way you approach life. So let's go for it! Here Is A Preview Of What You'll Learn Inside... Introduction: You CAN Hack Your Sleep, Did You Know That? The Five Stages of Sleep & Why You Should Care Factors That Determine If You Have a Great Night Sleep (Or Not) Vital Components: Exercise, Consistency, and Light Food, Food... Yep, Food Can Screw You Up Change Environment + Change Habits = Success Wake Up, Fall Asleep & Nap The Way You're Supposed To Seven Sleep Principles You Just CAN'T Ignore The Ultimate Sleep Hack List (Or How to Summarize a Book In 4 Pages) The Best Gadgets Out There (Apps, Alarms, Lights) Conclusion: Let's Hit The Sack! (Bzzz!) BONUS CHAPTER from "Buddhism For Beginners - The Ultimate Guide To Incorporate Buddhism Into Your Life" Much, much more! Hurry! You can get a copy of "Sleep Hacking!" for just \$6.99. Get Your Copy Right Now!*

#1 NEW YORK TIMES BESTSELLER • The game-changing author of Tribe of Mentors teaches you how to reach your peak physical potential with minimum effort. “A practical crash course in how to reinvent yourself.”—Kevin Kelly, Wired Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing? Indeed, and much more. The 4-Hour Body is the result of an obsessive quest, spanning more than a decade, to hack the human body using data science. It contains the collective wisdom of hundreds of elite athletes, dozens of MDs, and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss fixated on one life-changing question: For all things physical, what are the tiniest changes that produce the biggest results? Thousands of tests later, this book contains the answers for both men and women. It's the wisdom Tim used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it's all here, and it all works. You will learn (in less than 30 minutes each): • How to lose those last 5-10 pounds (or 100+ pounds) with odd combinations of food and safe chemical cocktails • How to prevent fat gain while bingeing over the weekend or the holidays • How to sleep 2 hours per day and feel fully rested • How to produce 15-minute female orgasms • How to triple testosterone and double sperm count • How to go from running 5 kilometers to 50 kilometers in 12 weeks • How to reverse “permanent” injuries • How to pay for a beach vacation with one hospital visit And that's just the tip of the iceberg. There are more than 50 topics covered, all with real-world experiments, many including more than 200 test subjects. You don't need better genetics or more exercise. You need immediate results that compel you to continue. That's exactly what The 4-Hour Body delivers.

Improve the Quality of Your Sleep! Learn 84 sleep hacks to fall asleep fast, sleep better, and wake up feeling rested. If you're having trouble sleeping, this is the best place to get started. Get Your Copy of 'Insomnia: 84 Sleep Hacks' Sleep is weird, don't you think? For about one-third of every day, you lie down with your eyes closed, while your system shuts down. Yet, without sufficient sleep, we wouldn't be able to: - Get stuff done - Remember things, or even - Feel fit and healthy All the beauty in the world around us, insofar as it is created by mankind, could not exist. Unfortunately, sleeping disorders like insomnia and sleep apnea, and also a disorder like chronic fatigue syndrome, can have a detrimental impact on the quality of your sleep. I have good news for you though: You can take back control of your life. Here is what I want you to do: Read this book. Apply the Sleep Hacks. And end your insomnia! Why You Should Check Out 'Insomnia: 84 Sleep Hacks' This book is jam-packed with 84 practical sleep hacks that will help you to fall asleep fast and sleep soundly. This book is divided into 3 parts: - Part A - Sleep Explained - Part B - How To Sleep Better - Part C - Recap In 'Part A - Sleep Explained', you will learn: - What sleep is - Why we sleep - How sleep works - How light affects your sleep - How much sleep we need - Why we dream, and - What sleeping disorders are These are the basics it is important to have a good understanding of how sleep works. Once you do, you are ready to take action! 'Part B - How To Sleep Better' is loaded with sleep hacks, tips, and strategies that you can use to sleep better and deeper, waking up recharged. If you have trouble sleeping, these 84 sleep hacks are your magic pills. No sleeping pills or drugs. But practical hacks and strategies that will put you in pole position, giving you the best possible shot at relaxing and overcoming lack of sleep. And to make it easy for you to commit and take action, 'Part C - Recap' recaps all the Key Takeaways and Sleep Hacks. This is an excellent resource you can always get back to if you want to review what you have learned! Finally, as a FREE & EXCLUSIVE BONUS, you'll also get the chapter 'How Yoga Reduces Stress' from my popular book 'Yoga For Beginners 10 Super Easy Yoga Poses To Reduce Stress and Anxiety'. Practicing yoga can do wonders for your ability to relax and let go, which in turn helps you sleep better. If you apply what you will learn in 'Insomnia: 84 Sleep Hacks', you will be able to once again fall asleep fast, sleep better, and have sweet dreams! Shall we get started? Then get your copy of 'Insomnia: 84 Sleep Hacks' now!

The Women's Guide to Overcoming Insomnia: Get a Good Night's Sleep Without Relying on Medication

7 Super Fast Sleep Hacks for Better Rest, Relaxation and Recuperation

How to Boost Cognitive Health, Performance & Power

27 Proven Tips to Hack Your Way to a Better Sleep, Increased Brain Power & Unstoppable Energy

The Myth of 8 Hours, the Power of Naps, and the New Plan to Recharge Your Body and Mind

Sleep Smarter

*In an effort to keep up with a world of too much, life hackers sometimes risk going too far. Life hackers track and analyze the food they eat, the hours they sleep, the money they spend, and how they're feeling on any given day. They share tips on the most efficient ways to tie shoelaces and load the dishwasher; they employ a tomato-shaped kitchen timer as a time-management tool. They see everything as a system composed of parts that can be decomposed and recombined, with algorithmic rules that can be understood, optimized, and subverted. In *Hacking Life*, Joseph Reagle examines these attempts to systematize living and finds that they are the latest in a long series of self-improvement methods. Life hacking, he writes, is self-help for the digital age's creative class. Reagle chronicles the history of life hacking, from Benjamin Franklin's *Poor Richard's Almanack* through Stephen Covey's *7 Habits of Highly Effective People* and Timothy Ferriss's *The 4-Hour Workweek*. He describes personal outsourcing, polyphasic sleep, the quantified self movement, and hacks for pickup artists. Life hacks can be useful, useless, and sometimes harmful (for example, if you treat others as cogs in your machine). Life hacks have strengths and weaknesses, which are sometimes like two sides of a coin: being efficient is not the same thing as being effective; being precious about minimalism does not mean you are living life unfettered; and compulsively checking your vital signs is its own sort of illness. With *Hacking Life*, Reagle sheds light on a question even non-hackers ponder: what does it mean to live a good life in the new millennium?*

*Hack into the secret power of your brain Your Brain 100 Billion Neurons 100 Trillion Connections And you only command 5% of it. Now it's time to take back control! In *Brainhack*, creativity coach Neil Pavitt gives you tips and tricks to re-programme your brain, developing the skills and insights that can transform how you think, solve problems and make decisions. This book will help you: • Learn to think smarter • Become more focused • Discover creative approaches to problem-solving • Generate ideas with innovative techniques • Unlock your brain blocks*

*A dream hacker explains how to learn and use liminal dreaming and lucid dreaming for creativity, healing, and consciousness exploration. At the edges of consciousness, between waking and sleeping, there's a swirling, free associative state of mind that is the domain of liminal dreams. Working with liminal dreams can improve sleep, mitigate anxiety and depression, help to heal trauma, and aid creativity and problem-solving. Readers of *Liminal Dreaming* will learn step-by-step how to create a dream practice outside of REM-sleep states that they can incorporate into their lives in personally meaningful ways.*

The Powerful Secrets To Better Sleep is Revealed! A Short Read With Easy To Apply Practical Tips & Powerful Knowledge That Will Help You In No Time All of us wanted to get enough sleep or at least better sleep. However, there are times when it becomes difficult for us to do so because of various reasons. Maybe because you are suffering from pain or you have so many things to think about. However, if it happens so frequently, then you need to pay more attention to yourself. This is because you might be suffering from insomnia or other sleeping disorders. If you are one of those people who are suffering from such disorders, then you have come to read the right book. There are various things that may cause or trigger insomnia. It includes being under extreme stress and feeling discomfort, either physically, emotionally or both. It may also be because of environmental factors, especially during the time of sleep. Interferences in the sleeping schedule and medications may also contribute to it. This book contains all the necessary things you need to know and to do in order for you to get the sleep that you truly deserve. Tired of having of having that long night with restless mind and feeling lethargic and not fully presence in the morning? Are you ready to make that change? Here Is A Preview Of What Inside The Book: A glimpse of what insomnia is as well as the importance of sleep. Proven strategies that would help you fall asleep, stay asleep and say goodbye to insomnia. Insights as to why you need to try out the strategies mentioned. And much, much more! Scroll to the top and press the Buy Now with 1-Click button Tags: Sleep, Sleep Better, Stop Insomnia, Exercise, Symptoms Of Sleep Insomnia, Lucid Dreams, Effective Techniques, Relaxation Techniques, Affects Of Diet, Sleep Quality, Calm Your Mind, Discipline, Basic facts, Productivity, Be Productive, Boost Energy, Healthy Tips, Brain Power, Sleep Guide, Proven Tips, Sleep At Night, Bedtime, Ruin Your Health, Health And Relationships, Environment Optimization, Routine, Mindfulness, Meditation, Sleep Meditation, Overcoming Nightmares, Problem-Solving Power, Sleep Better, Sleep Meditation, Productivity, Overcome Sleep Insomnia, Brain Power, Mindfulness, Health And Relationships, Better Sleep, Sleep Guide, Productivity, Brain Power, Boost Energy, Get In Shape, Stop Insomnia, Healthy Tips

Tips and Tricks to Unleash Your Brain's Full Potential

Hack It (Sleep)

Liminal Dreaming

Over 50 Powerful Techniques To Help You Sleep Better And Hack Your Mind

Life Hacks for Kids

The Sleep Fix

50 Proven Strategies to Hack Your Way to a Better Sleep and Cure Insomnia!

In Sweden, hundreds of refugee children fall into a state that resembles sleep for months or years at a time. In Le Roy, a town in upstate New York, teenage girls develop involuntary twitches and seizures that spread like a contagion. In the U.S. Embassy in Cuba, employees experience hearing strange noises during the night. These are only a few of the many suspected culture-bound psychosomatic syndromes—specific sets of symptoms that exist in a particular culture or environment—that affect people throughout the world. In *The Sleeping Beauties*, Dr. Susan Sorensen, a neurologist—investigates psychosomatic disorders, traveling the world to visit communities suffering from these so-called mystery illnesses. From a derelict post-Soviet mining town in Kazakhstan to the heart of the Maria Mountains in Colorado, stories of syndromes related to her by people from all walks of life. Riveting and often distressing, these case studies are recounted with compassion and humanity. In examining the complexity of psychogenic illness, O'Sullivan has written a book of both fascination and serious proliferate around the globe.

'Wide ranging, backed by science and research, informative and easy to understand, this is a great book for the sleep-deprived' Lisa Artis, The Sleep Council When was the last time you had a proper night's sleep? In today's fast-paced, non-stop world, research by the UK's Sleep Foundation shows that most of us don't get enough sleep most nights. Insomnia can wreak havoc on everyday life - leaving us feeling exhausted, irritable and unwell. Lack of sleep has also been linked to a whole host of long-term chronic conditions including Type 2 diabetes, heart disease, stroke, high blood pressure and depression. So how do we get a better night's sleep? In *The Sleep Fix*, author Shawn Stevenson, a well-rounded health expert, shares his own experiences and the latest scientific research to help you get a better night's rest. A good night's sleep can help change your life for the better, and this book will help you to achieve that. Do you ever spend hours in bed awake unable to fall asleep, or wake up in the middle of the night, or get out of bed in the morning feeling awful? How would it feel like if you could put these issues in the past, and stop sabotaging your life due to horrible sleep? Inside this book you'll discover: what is biohacking, what should you center around, expel blue light, put resources into a rest application, search out the sun, utilize a light treatment box, rest cordial food hacks, pressure point massage mat hack, how does a pressure point massage mat work, how accomplish binaural beats work, fragrant healing, how to utilize fundamental oils, accommodating rest tips thus considerably more!

Shawn Stevenson is a health expert with a background in biology and kinesiology who has helped thousands of people worldwide to improve their health, through his private work as well as his #1 Nutrition and Fitness podcast on iTunes. In his work, Shawn brings a well-rounded perspective to health and wellness. In investigating complex health issues such as weight loss, chronic fatigue and hormone imbalance, Shawn realised that many health problems start with one criminally overlooked aspect of our routine - sleep. In *Sleep Smarter* Shawn explores the little-known science of sleep's influence on every part of our life. Backed by the latest scientific research and packed with personal anecdotes and tips from leaders in the field of sleep research, this book depicts the dangers of insufficient sleep - from weight retention to memory loss to bad sex to increased risk of heart disease and more. *Sleep Smarter* is an accessible and relatable style Shawn offers 21 simple, immediately applicable ways for readers to take their well-being into their own hands and improve their sleep now

Sleep Disorders and Sleep Deprivation

Practical, Proven, and Surprising Solutions for Insomnia, Snoring, Shift Work, and More

84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills

Mom Hacks

Hack and Whack

Mind Performance Hacks

Biohack Your Brain

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 practical, 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. 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 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, Dave discovered that 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 strategies to help you perform better at life. Game changers is 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 Ferriss as well as examples from Dave's own life, Game changers is a practical, actionable advice that 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 top performers to help you kick more ass at life.

From renowned ABC News anchor/correspondent and former insomniac Diane Macedo, comes a practical, user-friendly guide to getting better sleep. The *Sleep Fix* flips the switch on common advice, illuminating the reporter's relentless search for the truth and the surprising, scientific, and practical solutions she found along the way. Roughly thirty percent of the population is estimated to be living with insomnia, while many more unknowingly suffer from other sleep disorders. In *The Sleep Fix*, Macedo offers a new perspective-shifting research and easy-to-implement solutions based not just on science and experts, but also her own years-long struggle. As an early-morning reporter and overnight news anchor, Macedo learned the hard way how valuable sleep is to our heart to our brain to our immune system. The longer Macedo struggled, the more her health deteriorated. Desperate, she tried standard sleep tip after standard sleep tip, but nothing worked - instead, it made her worse. Finally, a breakthrough came. Macedo decided to attack the problem as a journalist, interviewing sleep experts from all over the world to get to the bottom of what really keeps us from sleeping—and the various ways to fix it. As Macedo explains, the solution to catching up on sleep is not just about going to bed earlier or putting away your phone before bed. With her down-to-earth explanations and humor, she instead teaches us how to: • Understand sleep biology • Identify sleep obstacles • Flag sleep myths and separate fact from fiction • Try counterintuitive

importantly, Macedo — a busy, working mom — teaches us how to adjust and fit these solutions into our everyday lives. Offering expert wisdom, cutting-edge research, intimate sleep stories from public figures, and actionable advice, The deprived world has been waiting for.

With so many diets and programs to choose from, finding the right nutritional path can be challenging. Many modern diets are rooted in misrepresented science, rely heavily on supplements, or are just simply not sustainable in the long term. Stan Efferding and Dr. Damon McCune have partnered to bring you a program that sets the confusion aside and puts you on the path to weight loss, better performance, and overall better health, today. The Vertical Diet provides practical, simple, sensible, and sustainable. Stan and Damon provide a specific plan and comprehensive tools that will help you develop a greater understanding of which foods are nutrient-dense and digested easily and efficiently for maximal health. Follow the follow recipes, The Vertical Diet takes all the guesswork out of what to eat and when. You will also learn how to build a daily checklist of healthy behaviors to follow to support your long-term success on the program. The Vertical Diet is a dietary plan that's rich in easy-to-digest carbs and proteins Recommendations for lifestyle changes that address everything from ways to boost metabolism to better sleep hygiene Personal testimonials from Vertical Diet clients; data from the field, and actionable tools such as calorie calculators, shopping lists, and recipes to help explain these concepts Stan and Damon's Compliance Is the Science method to help you establish the motivation and mindset for lifelong success. You to make informed decisions about your diet and will enable you to approach the dieting process from a total-body perspective. Whether you are a performance athlete, a weekend warrior, or simply looking to take a step toward better Diet.

Trick Yourself to Sleep222 Ways to Fall and Stay Asleep from the Science of SlumberThe Experiment

Unlocking the Power of Sleep and Dreams

Championship Performance in Whatever You Do

Trick Yourself to Sleep

The New Science of a Lost Art

Systematized Living and Its Discontents

Parent Hacks

Relax & Win

Drawing from the award-winning website ParentHacks.com, here are 134 ingenious ideas for simplifying life with kids. A parent hack can be as simple as putting the ketchup under the hot dog, minimizing the mess. Or strapping baby into a forward-facing carrier when you need to trim his fingernails—it frees your hands while controlling the squirming. Or stashing a wallet in a disposable diaper at the beach—who would ever poke through what looks like a used Pampers? On every page, discover easy-to-do, boldly illustrated, unconventional solutions, arranged by category from Pregnancy & Postpartum through Sleep, Eating, Bath Time, Travel, and more.

222 Ways to a Better Night and Brighter Morning Poor sleep can wreak havoc on your waking life, leaving you grumpy and unwell. But when you 're staring at the ceiling, counting sheep, worried that sleep may never come . . . what can you do? Well, Trick Yourself to Sleep—with 222 simple strategies and creative tips, all scientifically backed: Cover up clocks (stop stressing over every restless minute) Eat two kiwis (their folates and antioxidants aid sleep) Stick out your tongue (this releases tension in the jaw) Try a weighted blanket (it 's like giving your nervous system a hug) Make a list (and then set those to-dos aside until tomorrow)! This must-have guide for even the occasional insomniac will help you fall asleep, stay asleep, and wake up your best self.

In A Short Guide to Hacking Your Nervous System, you'll discover breathing and meditation techniques used by military special operations teams and martial artists to prevail during conflict and combat. All the exercises are put into the context of situations you may encounter throughout the day, and discusses the impact on your nervous system in a simple and concise manner. People who have experienced these techniques firsthand report experiencing: Better Sleep Reduced Anxiety Less irritability Improved Focus Deep RelaxationSay goodbye to stress and improve your life today!

Stop grinding away at work while daydreaming about a financially free existence. If you have a home and an Internet connection, you have a solution: Airbnb hosting. Get Paid For Your Pad is the veritable blueprint on how to transform your home into a short-stay rental boon. Renting in the short-stay market, when done correctly, crushes the return from long-term tenants. Like hundreds of thousands of people, you can boost your profits by 2 to 3 times with the most well known short-stay marketplace in the world: Airbnb.

How to Maximize Profit from Your Airbnb Listing

Game Changers

The Hacking of the American Mind

An Unmet Public Health Problem

Hack Sleep: Sleep Quickly and Naturally, Reverse Sleep Disorders, Biohacking, Mental Health, Insomnia Disorder

Brainhack

Sleep

100+ self-care hacks for any mom to eat right, move more, stress less and get a good night's sleep, by a doctor who is also a mom Why is it generally accepted that motherhood comes at the expense of our health—with all that weight gain, fatigue, and exhaustion? It doesn't have to be that way. What if your baby AND you could thrive together? We cure diseases. We create artificial ears using 3-D printers. We solved how to pee in space. We can figure this out—and now Dr. Darria has done just that. An Ivy league-trained physician and mom of two, Dr. Darria combed the latest in medicine, psychology, and holistic health for answers when her own health crises struck. She now brings those solutions to moms everywhere. For moms who just DontHaveTheTime (or energy), Mom Hacks gives you the specific smallest changes that yield the biggest impact for you and your child. Every hack is a mini super-charged solution with an immediate impact. So you feel good, lose the baby weight, and are more present, while raising thriving children—in an entirely do-able, time-saving, with-you-in-the-trenches way. Her humor and personal stories bring warmth and encouragement when mothers need it most. You can be the mother and woman you want to be, and with Mom Hacks, you don't have to listen to anyone who tells you otherwise. It's time for a new mom world order.

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.

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"—Amazon.com.

Your sleep is broken! The chances are, you're NOT sleeping as well as you could. In fact, MOST of us just aren't sleeping as well as we could be, and this is showing up in various forms. People are feeling too tired to work, depressed and weak throughout the day. And this is usually one or two things that you're doing WRONG, that are stopping your body entering the deep sleep stage it needs, to restore and recover. Over the last few years, I've collected several highly effective sleep hacks and tricks that you could use to sleep BETTER. These things work, and they work fast. SLEEP BETTER: We've collected dozens of tips, bits of information and methods or techniques for improving your sleep, and going to sleep faster. FEEL BETTER: If you practice these techniques you'll fall asleep better and feel much better in the morning. Lots of people complain of not getting enough sleep or not sleeping well enough, so we've collected the tips that can help you! SLEEP FASTER: Another common concern is people can't seem to fall asleep FAST enough, so we've collected some information on how to fall asleep faster and with less effort as well. Overcome your bad sleep habits and finally feel good when you wake up in the morning. We've spent months collecting the best and most effective tips and tricks for sleeping better, so you can enjoy your life more. Scroll up (or down) and order your copy now, and get started improving your sleep! SLEEP IS IMPORTANT! It's been shown that if you get better quality sleep everything else becomes easier: You'll have more energy You won't need naps during the day You'll recover from exercise faster Your immune system will be boosted You'll be less likely to get or stay depressed You'll be more creative There are LITERALLY thousands of benefits of getting better sleep.. So I've created the ultimate guide: Sleep Hacker. Sleep Hacker contains over 50 powerful sleep hacks that you can use to improve your sleep and feel better. These things have been tried and tested by many people, and work fast, for almost everyone. What you'll learn in Sleep Hacker Why your body actually needs sleep and what happens when you don't get enough How your mattress position and settings really make a big difference to how well your body is able to sleep (It's not what you expect) How raising your bed a few inches at the headboard end can supercharge digestion and immune regeneration, and impact your dreams How to wake up at ANY TIME, every morning, WITHOUT an alarm clock, and WITHOUT feeling tired (This is so useful, and you'll be able to DECIDE how to live your mornings now) How to reset your natural body clock in one simple process (It's a challenge, but it WORKS) A natural and effective way to stop snoring so you can experience less sleep disturbances in less than a week The powerful form of yoga that makes falling asleep seem like a walk in the park, so you can stop wasting hours trying to fall asleep Why you need to STOP napping if you want to get the most out of your sleep time! (This is another thing most people get wrong) Finally, the ACTUAL best sleep posture explained, and why most people get this WRONG A strange type of soundwave audio that you can listen to that will practically sedate and soothe you to sleep in less than 9 minutes Over 50 unusual, strange sleep tips explained in great detail (I don't want to give away too much here!)

30 Hacks for Bringing Joy to Your Job

The Sleeping Beauties

Breath

Hacking Life

How to Fall Asleep in Less Than 30 Seconds

The Bulletproof Diet

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