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## The Bulletproof Diet

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

**Rodale Books** 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.

## Head Strong

# The Bulletproof Plan to Activate Untapped Brain Energy

# to Work Smarter and Think Faster-in Just Two Weeks

HarperCollins 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 if 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.

# Mind Hacking

## Unleash the Hidden Power of Your Subconscious Mind and Achieve Anything That You Truly Desire!

Have you ever wonder, why some individual just seems to be able to achieve what they want in life, one after the other. As compared to you, you are still where you are today, still wondering why you just can't be like them and keep achieving the things you want in life. These people knew the secret. It's not rocket science but these people truly know the blueprint and strategies to achieve anything that they set out to be and THIS SECRET, we called it the "MIND HACKING". This book is not going to be anything like other self-help books. It contains a full 10 stage journey that slices off the mind of the most successful people and implants their mind into yours. You can use it immediately to achieve anything you want out of your life! No longer will your family, friends or even your own subconscious mind tells you the hundreds of excuses that prevent you from achieving the things you truly desire in life... It might sound a little crazy. But you will be able to feel it, you will understand. You will truly learn what it takes to achieve anything that you want in life. Here Is A Summary of What You Will Get:

1. Learn the #1 most powerful secret to unlocking the true potential of your subconscious mind. For once you understood the secret, you will have unwavering conviction to achieve what your heart truly desires.
2. Your mind will literally become bulletproof to all negativity - your haters will have no influence at all over you.
3. The truth about the law of attraction and why it will works for you or against you, whether you like it or not.
4. The quickest way to shortcut your way towards achieving what you want... and you'll be amazed at how simple it is!
5. How to take full control over the little voices inside your head, and command it to give you the power to help you achieve anything that you desire...
6. Discover your true personality type and use that to your advantage, and not your weaknesses. (and why it will help you make breakthroughs you've never thought possible!)
7. Learn what "Self-Love" is, and why it's incremental to your growth and towards your journey of self-discovery.
8. Harness the power of defeat: Your most powerful life teacher. Failure is inevitable in your journey to success, but it is the greatest teacher of all which will serve your greatest growth.
9. The amazing technique that you can use at any given time to re-evaluate your goals and dreams, and how it can help you become better at achieving

**your goals. Just imagine for a second, what would your life be like if you really knew how to strengthen your mind and reconnect it to success and victory? Maybe by then, you're already going to have a great career or business...You're going to have a wonderful relationship...Having a wonderful circle of friends...Being able to afford a dream car or a dream home...Being able to go on a quick vacation to the place you've always dreamed of...Or maybe you can help the people you truly worry about...But just hang on for a second. I think it really takes a lot of effort for you to be here today, and I know it wasn't just a coincidence. You've agreed once and for all that you want to change your life today.P.S. -With PROVEN and TEST STRATEGIES, and with a comprehensive chapter on the implant and reprogram your mind into success and victory, you literally have everything you need to start making a difference in your life.**

## The Bulletproof Diet

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

**Rodale 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.

## The Lessons School Forgot

# How to Hack Your Way Through the Technology Revolution

**John Wiley & Sons REBOOT YOUR ENTREPRENEURIAL SPIRIT AND EXCEL IN THE DIGITAL AGE** The days of being locked into a single career for life are long gone. It's time to reinvent yourself, transform your life and work the new economy for everything it's worth. With the industrial age quickly vanishing in the rearview mirror, **The Lessons School Forgot** is your instruction manual for hacking your mind and acquiring the skills to take control of your life and fortunes in the digital age. In simple, straightforward terms, futurist and born entrepreneur Steve Sammartino, shows you how to: 'unlearn' bad habits school taught you discover how to work the digital economy invest only your time and reap a substantial lifelong return transform your life and carve out a new path to independence. Inspirational, instructive, subversive, and with a wealth of insightful guidance, **The Lessons School Forgot** will help you to break from a lifetime of legacy programming and take full advantage of the technology revolution.

## Rewire Your Brain

# Understand How It Works, Hack It, and Become the Most Effective Person in Your Life

**Rewire Your Brain: Understand How It Works, Hack It, and Become the Most Effective Person in Your Life** by Dr. Adam Gutterman, a cognitive neuroscientist with a PhD in Developmental Neuroscience, is written specifically to help you understand the simple actions you can take right now to gain mental clarity, productivity, and mental discipline. In this

book, you'll find simple and easy-to-understand explanations behind your inability to focus, mental fog, and many conscious and unconscious distractions working against you. This book will help you understand :●Why are you unable to focus?●Why are you feeling so sluggish and overwhelmed?●Why is your memory slow and productivity low?●Why, despite all the hard work, do you still have trouble fulfilling your ambitions?In **Rewire Your Brain: Understand How It Works, Hack It, and Become the Most Effective Person in Your Life**, you'll learn how to:●Overcome your biggest fears and obstacles,●Discover and remove unconscious limitations that are keeping you stuck and paralyzed,●Train your mind to focus and concentrate,●Improve your attention and cognitive skills, and●Build bulletproof mental discipline with simple, easy exercises you can do anywhere and anytime.Start reading **Rewire Your Brain: Understand How It Works, Hack It, and Become the Most Effective Person in Your Life**, and you'll see yourself transform within days!

## Bulletproof: The Cookbook

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

Rodale 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.

# Game Changers

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

**HarperCollins** 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 mediation 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.

## Startup Your Life

### Hustle and Hack Your Way to Happiness

**St. Martin's Press** As an entrepreneur, Anna Akbari learned that one of the best things about startups is their ability to “pivot” quickly—basically a euphemism for failing and starting over. And she quickly found that personal success is no different. It's not just about developing and following the right process but also having a good idea. And that demands rigor and daily maintenance—far beyond a few positive affirmations. Like any Silicon Valley startup, the business of life is not as glamorous as its Instagram account would make it seem. What do you do when planning is not an option? When control is out of your reach? You isolate the small stuff, experiment constantly, and use the results to lay a more sustainable foundation for the future. You validate your idealized vision by testing it out in bite-sized increments. You see what sticks, integrate, and move forward. And inevitably, you experience a series of failures along the way, but those failures are key to your next success. Living a start up life is about maximizing flexibility and measuring on-going results, not avoiding failure or reaching one particular end goal. It's about embracing defeat, analyzing it, and failing up. In *Startup Your Life*, Akbari shows that after all, it's often the stumbles that pave the way for real happiness.

### Fast This Way

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

**HarperCollins** 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.

## Bulletproof Trader

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

Harriman House Limited 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.

## You Can Fix Your Brain

### Just 1 Hour a Week to the Best Memory, Productivity, and Sleep You've Ever Had

Rodale Books For anyone worried about any type of brain ailment, ranging from the chronic conditions to simple brain fog and fatigue, this essential guide covers the full spectrum of prevention to treatment. We've all experienced brain fog—misplaced keys, forgotten facts, a general feeling that you're just feeling off today. And many of us will experience that "fog" manifesting as something more permanent—either in ourselves or our loved ones. No matter what your current brain health state may be, *You Can Fix Your Brain* will enable and empower you to take concrete steps that will make an immediate difference in your brain's vitality, clarity, and energy. Your memory will improve, fogginess will disappear, you'll be less tired all the time, and much more. And, you'll learn that these aren't empty promises. Dr. Tom O'Bryan, author of *The Autoimmune Fix*, knows how to create lasting changes in health, and he's here to share them with you. It's a step-by-step approach to better cognitive function—being selective about what's on your fork, what's in your environment, and how you take care of yourself can make a world of difference. With only one hour a week of practice, in 6 months, you can say goodbye to brain fog and welcome a better long-term memory and a sharper mind.

## Unstoppable

# A 90-Day Plan to Biohack Your Mind and Body for Success

**Entrepreneur Press Unlock Your Potential. Become Unstoppable. Unable to overcome debilitating fatigue and depression, bestselling author and personal development expert Ben Angel set out on a 90-day mission to find and conquer the root of his rut. The result of his journey is Unstoppable, a highly revealing book where Ben gives you a look into the world of nootropics, wearable devices, and nutrition and delivers a guide to help you reduce stress, increase focus, improve physical performance, and eliminate your fears. You'll hear from world-leading biohackers, neuroscientists, doctors, and New York Times bestselling author Dave Asprey as Ben helps you: Identify the seven triggers causing your brain fog Discover the key to better health, more energy, and a better mood Optimize your mental performance and feel more alert with six nootropics Form new behaviors and break old patterns (the real secret to your success) Interrupt your stress response through breathing Align your biochemistry with your soul's purpose in three easy steps Use progressive overload to become an upgraded version of yourself Plus, gain access to the Unstoppable Assessment to discover your identity type, pinpoint your energy levels, and create a plan to break through your own limits and become unstoppable. When we look at the most successful people, we usually look at their habits—their behaviors, their day-to-day rituals, their dedication. But what about the mind? Ben Angel hits this idea head-on in Unstoppable, tackling peak performance with biohacking strategies that will blow your mind. —Dr. Ivan Misner, founder of BNI and New York Times bestselling author**

# Real-World Feminist Handbook: Practical Advice on How to Find, Win & Kick Ass at Your First Job

**Real-World Feminist Press Graduating college and have no idea how to use that degree IRL? Submitting a ton of resumes but not landing any interviews? Feeling trapped in a job that pays the bills but doesn't feel like a "real" job? Just like you, I dreamed about taking the world by storm since I was a kid. And just like you, I found myself with a**

college degree and no freaking clue how to take all of my ambitions and unleash them on the real world. It took tenacity and many years of learning lessons the hard way, but now here I am. I'm one of the key executives running a large-scale advertising company in one of the big-three global holding companies. I've taken great pride in helping hundreds of other people build their careers and leadership prowess. But I started at the bottom. In fact, I was lower than the bottom. I was in the mud, the pit, the go-nowhere do-nothing intersection of joblessness and cluelessness—and I was stuck there. Unlike me, you don't need to figure it out on your own! I'm here to help, with practical advice and tools to help you:

- Stay true to your aspirations of a brilliant career, and turn big dreams into big action
- Understand how typical corporate America works so you can use this information to your advantage and land the job
- Stand out as a star performer once you get the job You CAN get unstuck and turn your big dreams into a satisfying career!

## Super Human

# The Bulletproof Plan to Age Backward and Maybe Even Live Forever

Harper Wave From Bulletproof creator and bestselling author Dave Asprey comes a revolutionary approach to anti-aging that will help you up your game at any age. Dave Asprey suffered countless symptoms of aging as a young man, which sparked a life-long burning desire to grow younger with each birthday. For more than twenty years, he has been on a quest to find innovative, science-backed methods to upgrade human biology and redefine the limits of the mind, body, and spirit. The results speak for themselves. Now in his forties, Dave is smarter, happier, and more fit and successful than ever before. In Super Human, he shows how this is level of health and performance possible for all of us. While we assume we will peak in middle age and then decline, Asprey's research reveals there is another way. It is possible to make changes on the sub-cellular level to dramatically extend life span. And the tools to live longer also give you more energy and brainpower right now. The answers lie in Dave's Seven Pillars of Aging that contribute to degeneration and disease while diminishing your performance in the moment. Using simple interventions—like diet, sleep, light, exercise, and little-known but powerful hacks from ozone therapy to proper jaw alignment, you can

decelerate cellular aging and supercharge your body's ability to heal and rejuvenate. A self-proclaimed human Guiana pig, Asprey arms readers with practical advice to maximize their lives at every age with his signature mix of science-geek wonder, candor, and enthusiasm. Getting older no longer has to mean decline. Now it's an opportunity to become Super Human.

## Super Human

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## Bulletproof Web Design

### Improving flexibility and protecting against worst-case scenarios with XHTML and CSS, Second Edition

**New Riders** No matter how visually appealing or content-packed a Web site may be, if it's not adaptable to a variety of situations and reaching the widest possible audience, it isn't really succeeding. In **Bulletproof Web Design**, author and Web designer extraordinaire, Dan Cederholm outlines standards-based strategies for building designs that provide flexibility, readability, and user control--key components of every successful site. Each chapter starts out with an example of an unbulletproof site one that employs a traditional HTML-based approach which Dan then deconstructs, pointing out its limitations. He then gives the site a make-over using XHTML and Cascading Style Sheets (CSS), so you can see how to replace bloated code with lean markup and CSS for fast-loading sites that are accessible to all users. Finally, he covers several popular fluid and elastic-width layout techniques and pieces together all of the page components discussed in prior chapters into a single-page template.

## Bulletproof Health and Fitness

### Your Secret Key to High Achievement

**PublishDrive** 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.

## Bulletproof Motivation

□□□□ In **Bulletproof Motivation** you will learn precisely how to tap into your motivation - such that you find everything becomes easier. You'll be healthier, stronger, happier, more confident, wealthier, more successful... All because you know how and when to put in the work. You'll learn about the hormones, the physiological changes, and how to hack those processes to go after what you want.

## The Bulletproof Diet Kitchen

Bulletproof Diet Recipes that are Quick and Easy to Lose Weight, Feel Energized, and Gain Radiant Health and

# Optimal Focus

**Independently Published The Bulletproof Diet Kitchen** 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 fifteen 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.

## The Bulletproof Diet

**Collins More Butter, Less Exercise, Better Sleep for the Body and Brain You Deserve** In his mid-twenties, Dave Asprey was a successful Silicon Valley multi-millionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out ninety 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 fifteen 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 hundred-pound weight loss, increasing his IQ and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.**

## The 150 Healthiest Foods on Earth, Revised Edition

### The Surprising, Unbiased Truth about What You Should Eat and Why

**Fair Winds Press (MA) A complete guide to the healthiest foods you can eat and how to cook them!**

## The God Gene

**Dean C. Moore It's an Age of Abundance. No longer do humans struggle to meet their basic needs. Arguably, they live better than kings of old. But despite this, it's the intelligence explosion that steals the limelight; technological innovations come so rapidly that they create a backlash. The risks to the new world order are just too great. And now there's talk of both a nano man--comprised of a shape-shifting swarm of nanites--and a human with the god gene. Even with a planetary ubermind to keep things under control, fears are that one or another of them will be able to hack the ubermind. Have they done so already? And if so, how long after they settle their score with one another to see who's top dog before they're free to mess with the entire human race? For one woman and the two men that love her, these concerns are more than simply academic. You see, one of the three carries the god gene. Pick up a copy now to see if the very thing that truly makes us stronger--our relationships--survives the latest onslaught of a technology that hits like a tsunami wave. NOTE: CONCEIVED IN THE SPIRIT OF IAIN M. BANKS' CULTURE SERIES, THE NOVELS IN THE AGE OF ABUNDANCE SERIES, LIKEWISE, ARE STAND-ALONE BOOKS THAT CAN BE READ IN ANY ORDER. THEY FEATURE DIFFERENT CASTS OF CHARACTERS. THE AGE OF ABUNDANCE IN WHICH THE STORIES ARE SET SPANS FROM THE NEAR**

**FUTURE TO THE FAR FUTURE. IN THE EVENT ANY OF THE AGE OF ABUNDANCE NOVELS ARE SERIALIZED, THEN THE SAME CAST WOULD PREVAIL. I.E. THE GOD GENE 2.**

## Eat Yourself Smarter!

# Nutrition Solutions for Creativity, Memory, Cognition & More

**Simon and Schuster Eat Yourself Smarter offers techniques to sharpen your memory, improve your focus, boost your energy, make you feel happier, and help you live longer. We've all heard "you are what you eat," and science now has the receipts on how profoundly foods affect the human brain. From an evolutionary standpoint, our brains were formed to thrive on certain nutrients—and our current diet is often deficient in many of them. Eat Yourself Smarter offers readers a guide to eating in a way that boosts their cognitive function, improves their mood, and lowers their risk of developing dementia or other degenerative neurological conditions. We start with a detailed explanation of exactly how hungry the brain is (the answer: very), and how nutrients do their job to not only feed it well but repair brain-cell membranes, enable synapses to communicate, and prompt chemical "cascades" that keep memory centers functioning at top efficiency. Next, we present a comprehensive diet plan of the very best "brain foods," from fruits and vegetables to nuts, seeds, healthy fats, and proteins, along with explanations of what makes them brain "superfoods"—along with an "out list" of foods that actively damage brain cells. **BONUS: Includes 20+ pages of delicious, brain-boosting recipes to get started on a new, smarter eating program.****

## Primal Uprising

# The Paleo f(x) Guide to Optimizing Your Health, Expanding Your Mind, and Reclaiming Your Freedom

**BenBella Books** What does it mean to be healthy? True well-being means so much more than just looking good—it means living without chronic aches and pains, waking up with energy every morning, and maintaining a resilient immune system that protects you from getting ill. The benefits don't end with your own body. Genuinely healthy living empowers you to improve your community—and even the world. Until now, other food philosophies have dominated the conversation of diet as an ethical or socially responsible choice. This eye-opening book argues that Paleo isn't just a diet: it also encompasses physical movement, thought, emotion and spirit, connection and resources, and tribe. **Primal Uprising: The Paleo f(x) Guide to Optimizing Your Health, Expanding Your Mind, and Reclaiming Your Freedom** makes the case that the modern Paleo way of eating and living can not only make us healthier and happier, it may even save the planet and our souls. Michelle and Keith Norris are cofounders of Paleo f(x), one of the premier wellness conferences in the world and the largest dedicated ancestral health conference in the nation. In **Primal Uprising**, Michelle and Keith reveal the seven pillars of human health: the physical, mental, emotional, relational, financial, spiritual, and tribal pillars that contribute to making us truly whole. They dive deep into how your body is meant to eat, move, handle stress, find your tribes, and live. In each chapter, they've consulted with the experts—cutting-edge health practitioners, scientists in a variety of fields, coaches and gym owners, popular bloggers, community and sustainability activists, biohackers, chefs, and more—who provide practical advice and tips to help you create a game plan to step into your full potential and thrive. They also outline what you can do right now to start optimizing your whole self and showing up for your community and your environment. Not "just another paleo book," **Primal Uprising** defines what it means to be Paleo in 2021 and beyond—a manifesto for better health, stronger communities, and a cleaner planet.

# Spirit Hacking

## Shamanic Keys to Reclaim Your Personal Power, Transform Yourself, and Light Up the World

**St. Martin's Essentials** “This guy does next level stuff. I have worked with him and I have no idea how or why he is able to do some of the things I have witnessed. Science is just catching up with biohacking. It’s time to start studying spirit hacking and how Shaman Durek can achieve the tangible results he achieves.” —Dave Asprey, author of the New York Times bestseller, *The Bulletproof Diet*, Silicon Valley investor and technology entrepreneur In *Spirit Hacking: Shamanic Keys to Reclaim Your Personal Power, Transform Yourself, and Light Up the World*, Shaman Durek, a sixth-generation shaman, shares life altering shamanic keys allowing you to tap into your personal power. Through new information you will banish fear and darkness from your life in favor of light, positivity, and strength. Shaman Durek’s bold and sometimes controversial wisdom shakes loose our assumptions about ourselves and the very world around us. He ultimately teaches us how to step fearlessly out of this Blackout (the age of darkness we are currently experiencing) and access a place of fierce empowerment by use of tools and techniques of timeless Shamanic tradition. This transformation is both personal and collective; as individuals step out of darkness and begin to experience the light, we bring our loved ones and communities out of the shadows as well. Shaman Durek inherited a rich legacy of ancient wisdom and now shares this knowledge for a modern context. He advises everyone from celebrities like Gwyneth Paltrow and Nina Dobrev to innovative executives such as Bullet-Proof Coffee founder Dave Asprey. *Spirit Hacking* shatters readers’ complacency, giving them tools to navigate the tumultuous times in which we find ourselves. We will emerge from this period happier, lighter, and more vibrant than ever before.

## Rapid Weight Loss

# Stop Dieting! Start Living Again with the Mini Habits Holistic Approach on How to Lose Weight Permanently, Even If You Are Struggling with Healthy Eating

**Are you... ✓ trying every diet out there but end up regaining even more weight? ✓ feeling tired and unmotivated because you don't see any progress? ✓ wondering how some people are so effortlessly slim? Then read on to discover the ultimate weight loss secret! Did you know that most of our behaviors run on autopilot, and this includes our eating and physical activity habits? You can literally automate healthy eating and a gym routine - and lose weight without applying much conscious effort. Sounds good? And what if you could completely reprogram your habits in just 30 days? This book will help you do it! It offers a holistic approach to weight loss. Instead of counting grams of carbs or trying to sell you some dubious shakes, it focuses on the habits that make up the core of your everyday life. Here's what you'll do as you go through the book: Lay out a unique action plan, specifically tailored to your needs, goals, and current situation Hack your mind and your life so you eat healthy on autopilot and ALWAYS have time for a motivating workout Defeat procrastination, set bulletproof fitness goals and achieve them! Greatly improve your quality of life as you regain energy and stop being hungry and tired all the time LOSE THAT WEIGHT! You'll be as effortlessly slim as those people you secretly envy. You'll be full of energy, your willpower won't be drained by desperately resisting that pizza, and regular physical activity will make your heart, bones, and metabolism much healthier. Don't miss this unique chance to get your dream body! Get Your Copy Now!**

## Better Than Normal

# A Guide to Reclaiming and Optimizing Your Health

Harper Wave 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.

## Troubadour

## Planet Scrits

Greg Alldredge Professor Ginger lived a simple, quiet life... .. Until a mysterious book ruined it all. Questioned by the Central Committee, her freedom hung in the balance. The city was no longer safe. The DOA watched her every move. Enter Captain Hack, an alien of questionable morals and hygiene—A smuggler of contraband or worse. This human and

his floundering riverboat offered her only ticket to safety. Dare she take it? Left without options, she had no choice. All she needed to do was travel up the river, deep into the interior with a crew of questionable character and honesty, find her sister, and discover why Amber sent the stupid book. What could go wrong? Follow Ginger's journey of discovery as she learns what is happening to her home, Planet Scrits. Danger and treasure lurk under the emerald green river. The jungle is a hazardous place for a city dweller. Can Captain Hack, the Troubadour, guide her in this quest, or will he prove her undoing? Get the third novel in the Far Reach Station series now.

## The Dr. Sears T5 Wellness Plan

# Transform Your Mind and Body, Five Changes in Five Weeks

**BenBella Books** The best of today's science-based nutrition and lifestyle research is finally available in one crystal-clear plan. All you need is five steps and five weeks. Maybe you've just received a wake-up call: your own health crisis, or a sick parent or friend. Or maybe you're just tired of feeling tired and sick of feeling sick. You don't need a diet plan. You need a health transformation—from the inside out. For more than 20 years, *The Baby Book* author William Sears's advice has been trusted by millions of parents across the country, and around the world. Now, along with his daughter Erin, a health coach and fitness instructor who went through her own transformation, losing 70 pounds and radically improving her health, Sears turns his science-based guidance to creating better health for everyone. *The Dr. Sears T5 Wellness Plan* is a book for all ages and all ailments. Decrease inflammation, protect your brain and heart, strengthen your gut, balance your hormones, and even make your own medicine. *The Dr. Sears T5 Wellness Plan's* five-step, five-week mind and body makeover—field-tested by the authors in their medical and health-coaching practices—changes your body's biochemistry to help you feel better, look better, and enjoy the New You! From its lively illustrations to motivating transformer testimonies, T5 is fun to read and fun to do—which means it's the program you'll stick with. Your mind and body will thank you. **You Will Thrive on T5!**

# The Moral Molecule

## How Trust Works

**Penguin A Revolution in the Science of Good and Evil Why do some people give freely while others are cold hearted? Why do some people cheat and steal while others you can trust with your life? Why are some husbands more faithful than others—and why do women tend to be more generous than men? Could the key to moral behavior lie with a single molecule? From the bucolic English countryside to the highlands of Papua New Guinea, from labs in Switzerland to his campus in Southern California, Dr. Paul Zak recounts his extraordinary stories and sets out, for the first time, his revolutionary theory of moral behavior. Accessible and electrifying, The Moral Molecule reveals nothing less than the origins of our most human qualities—empathy, happiness, and the kindness of strangers.**

## Startup Your Life

# Hustle and Hack Your Way to Happiness

**Macmillan "Like any Silicon Valley startup, the business of life is not as glamorous as its Instagram account would make it seem. What do you do when planning is not an option? When control is out of your reach? You isolate the small stuff, experiment constantly, and use the results to lay a more sustainable foundation for the future. You validate your idealized vision by testing it out in bite-sized increments ... And inevitably, you experience a series of failures along the way, but those failures are key to your next success. Living a startup life is about maximizing flexibility and measuring on-going results, not avoiding failure or reaching one particular end goal. It's about embracing defeat, analyzing it, and failing up""--**

# Beyond Training

## Mastering Endurance, Health & Life

**Simon and Schuster 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.**

### Master the OBVIOUS

## 74 Easy and Proven Habits to Become Happier and Stronger

**Do you know that a good night's sleep heals psychological trauma? And how you can optimize your sleep? Do you know that your posture affects your mood? And how you can use it to hack your brain chemistry and become more assertive and happy? Do you know how to eat? And how you can eat less and still feel full? Or eat more and not feel bloated? Are you even breathing correctly? And know how to use your breath to become calm and clear-headed in a stressful situation? This book is only 4000 words long- and it took me 6 months to write. I didn't just jot down the words, I looked at the scientific literature and self-experimented with everything that's listed here. This book will fix and improve eating, breathing, sleeping and other basic aspects of your life in easy and well-defined steps. Ace the details of your routine- the daily habits that literally dictate your life no matter where you are- or how rich or poor or happy or unhappy you are. Things that you do every day- mundane, and in some strange way, deeply intimate because of their idiosyncrasy. They decide how white your smile, how proud your stride and how deep your sleep is. This book utilizes insights from monks, scientists, and a diverse body of research and turns them into actionable steps that help improve your life from the ground up. Healthy living is not a giant leap, it is a series of small steps.**

# The Hack-Proof Password System

## Protect Yourself Online with a Memory Expert's In-Depth Guide to Remembering Passwords

Have you ever forgotten a password? Do you risk using the same password for more than one website? Have you ever worried about getting hacked? If so, this book is for you: a simple yet complete guide to creating and remembering secure passwords. The powerful yet easy-to-learn techniques in this book will save you time, money, and frustration. **TEST YOURSELF: 1. Do you use a different password for every website? 2. Are all of your passwords at least 12 characters long and avoid the most common formats? 3. Do you remember every password, every time? If you answered "No" to any of these questions, it's time to get this book and instantly improve your cyber security. With a series of simple, clear chapters, you'll be up and running in no time. You'll enjoy improving not only your passwords, but also your creativity and memory. It's much easier than you think, and many readers describe the exercises as fun and entertaining. These sobering statistics show how essential it is to improve your personal cyber security: "90% of All Passwords Are Vulnerable to Hacking" - Business Insider "Facebook Sees 600,000 Compromised Logins Per Day" - TechCrunch "Nearly 3 out of 4 Consumers Use Duplicate Passwords" - Entrepreneur magazine** The author, Brad Zupp, is a memory improvement expert who competes internationally as a record-setting memory athlete. He has appeared on the Today Show Good Day New York, The Dr. Steve Show, National Public Radio, and in the LA Times and USA Today. He regularly speaks and write about memory, including why we forget passwords and how to bulletproof your online security. In this enjoyable and engaging book, he guides you through: How to create your own passwords that are hack-proof yet unforgettable to make your life easier How to remember any assigned password, no matter how complex to reduce stress and improve security How to build your personal password system, taking your online security to the next level 21 easy and fun exercises to quickly learn and perfect your abilities Buy this book now and take control of your online safety, security, and memory. "Every person needs to remember dozens of passwords. Brad Zupp tells you why the methods you are probably using now (using the same password or a computer system to 'remember' them) are weak and can be easily defeated, but he also tells how many unique passwords can be created

and remembered perfectly, providing a much more secure system in your own head. And when you are learning about how to remember passwords, you will be learning about techniques that are widely applicable to many challenges of learning and memory. I highly recommend this brief book that provides such useful and important lessons." Henry L. Roediger, III James S. McDonnell Distinguished University Professor Department of Psychological and Brain Sciences at Washington University in St. Louis

## Hacking Multifactor Authentication

**John Wiley & Sons Protect your organization from scandalously easy-to-hack MFA security “solutions” Multi-Factor Authentication (MFA) is spreading like wildfire across digital environments. However, hundreds of millions of dollars have been stolen from MFA-protected online accounts. How? Most people who use multifactor authentication (MFA) have been told that it is far less hackable than other types of authentication, or even that it is unhackable. You might be shocked to learn that all MFA solutions are actually easy to hack. That’s right: there is no perfectly safe MFA solution. In fact, most can be hacked at least five different ways. Hacking Multifactor Authentication will show you how MFA works behind the scenes and how poorly linked multi-step authentication steps allows MFA to be hacked and compromised. This book covers over two dozen ways that various MFA solutions can be hacked, including the methods (and defenses) common to all MFA solutions. You’ll learn about the various types of MFA solutions, their strengths and weaknesses, and how to pick the best, most defensible MFA solution for your (or your customers’) needs. Finally, this book reveals a simple method for quickly evaluating your existing MFA solutions. If using or developing a secure MFA solution is important to you, you need this book. Learn how different types of multifactor authentication work behind the scenes See how easy it is to hack MFA security solutions—no matter how secure they seem Identify the strengths and weaknesses in your (or your customers’) existing MFA security and how to mitigate Author Roger Grimes is an internationally known security expert whose work on hacking MFA has generated significant buzz in the security world. Read this book to learn what decisions and preparations your organization needs to take to prevent losses from MFA hacking.**

# Excel Hacks

## Tips & Tools for Streamlining Your Spreadsheets

**"O'Reilly Media, Inc." Millions of users create and share Excel spreadsheets every day, but few go deeply enough to learn the techniques that will make their work much easier. There are many ways to take advantage of Excel's advanced capabilities without spending hours on advanced study. Excel Hacks provides more than 130 hacks -- clever tools, tips and techniques -- that will leapfrog your work beyond the ordinary. Now expanded to include Excel 2007, this resourceful, roll-up-your-sleeves guide gives you little known "backdoor" tricks for several Excel versions using different platforms and external applications. Think of this book as a toolbox. When a need arises or a problem occurs, you can simply use the right tool for the job. Hacks are grouped into chapters so you can find what you need quickly, including ways to: Reduce workbook and worksheet frustration -- manage how users interact with worksheets, find and highlight information, and deal with debris and corruption. Analyze and manage data -- extend and automate these features, moving beyond the limited tasks they were designed to perform. Hack names -- learn not only how to name cells and ranges, but also how to create names that adapt to the data in your spreadsheet. Get the most out of PivotTables -- avoid the problems that make them frustrating and learn how to extend them. Create customized charts -- tweak and combine Excel's built-in charting capabilities. Hack formulas and functions -- subjects range from moving formulas around to dealing with datatype issues to improving recalculation time. Make the most of macros -- including ways to manage them and use them to extend other features. Use the enhanced capabilities of Microsoft Office 2007 to combine Excel with Word, Access, and Outlook. You can either browse through the book or read it from cover to cover, studying the procedures and scripts to learn more about Excel. However you use it, Excel Hacks will help you increase productivity and give you hours of "hacking" enjoyment along the way.**

## Willpower

## Rediscovering the Greatest Human Strength

**Penguin One of the world's most esteemed and influential psychologists, Roy F. Baumeister, teams with New York Times science writer John Tierney to reveal the secrets of self-control and how to master it. "Deep and provocative analysis of people's battle with temptation and masterful insights into understanding willpower: why we have it, why we don't, and how to build it. A terrific read." —Ravi Dhar, Yale School of Management, Director of Center for Customer Insights Pioneering research psychologist Roy F. Baumeister collaborates with New York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue: self-control. Drawing on cutting-edge research and the wisdom of real-life experts, Willpower shares lessons on how to focus our strength, resist temptation, and redirect our lives. It shows readers how to be realistic when setting goals, monitor their progress, and how to keep faith when they falter. By blending practical wisdom with the best of recent research science, Willpower makes it clear that whatever we seek—from happiness to good health to financial security—we won't reach our goals without first learning to harness self-control.**

## Buy Your Own Island

## The Ultimate Guide to Breaking Free and Making Your Dreams Reality

**Your New and Exciting Life Begins Now To "buy your own island" is a metaphor and a challenge to take action and take one step forward today on the path to getting the things you really want in life. The passions that REALLY excite you, that you've perhaps kept hidden or put away on the shelf. Whatever it is you dream about doing, having, or being, this book was created with the simple intent to help you make it reality. The book's author was an overworked and frustrated entrepreneur who was trapped in his own business. Finally he decided enough was enough, and took dramatic actions to reverse course. He gathered his closest friends and confidantes and they challenged each other to dig deep, re-discover their hidden passions, and architect what they needed to do to reinvent their lives. Whatever**

**your biggest lifelong dream is, whether its to purchase your own island, travel the world for a year, or set up a profitable business from home, it can be practical and achievable with the right mindset, tools and plan. This book is based on conversations, interviews, research, and decades of combined experience from people doing the most extraordinary things around the globe. These people are no smarter than you are. They have no particular advantages, no special talents, connections, or resources. They simply made a decision one day to do what they wanted, and followed a plan to make it happen.**

## The Power of Vital Force

# Ancient Secrets to Transform How You Think, Feel, and Act

**Hay House, Inc Now in paperback, a modern guidebook to the ancient wisdom from the Indian spiritual tradition of Vedanta to fuel your purpose and performance. "By contemplating and applying the precious knowledge in these pages, you will learn to make everything in your life easier than you think possible." -- from the foreword by Dave Asprey Why do some people thrive while others just get by? What's their secret? The ancient Indian spiritual tradition Vedanta calls it prana, or life force. We can call it vital force. By any name, it's the fundamental fuel that activates and optimizes all physical, emotional, and cognitive functions; including consciousness, perception, thinking, judgment, and memory. When we're fully fueled with this essential energy, it transforms our mind-set and moves us toward greater happiness, success, and self-awareness. Rajshree Patel is a former federal prosecutor who discovered Vedanta by accident and went on to become an internationally renowned teacher of its deep wisdom and dynamic practice. In this practical guide, now available in paperback, she gives you back your power with simple tools to take hold of the limitless energy of life itself--more swiftly and easily than you ever thought possible. You'll learn: What vital force is, how it influences every single aspect of your life, how to enhance it--and how your mind, the biggest energy hog, can drain it; Tools to dial down the chatter of your racing mind and resolve your personal energy crisis; Why traditional mindfulness meditation may not be your path to inner peace; Easy biohacking techniques, from breath work to meditation to movement, that reduce stress and maximize joy; and Ancient secrets to fuel your purpose and**

**performance in every aspect of life.**