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day 'soft vest.' " The  
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thinkers" and lessons to be  
learned from them that have  
remained relevant during an  
extended period of time as  
the separate but related

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psychologies of self-defense  
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I felt the sound more than I  
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slid out of its groove, then right back in. I dropped to the floor, certain I had broken something. Everything seemed okay at first. I was able...

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*Page 31/109*

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"Be Bulletproof provides a range of practical ways in which you can create your own version of the Mongols' silk shirts and the modern day 'soft vest.'" The



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Brookes studied centuries of "the wisdom of ancient thinkers" and lessons to be learned from them that have remained relevant during an extended period of time as the separate but related psychologies of self-defense

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metal filter if possible  
(like french press or gold  
filter drip). Boil extra

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water and pour it into a  
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brews to pre-heat the  
blender. Dump out the hot  
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This is the essential guide for anyone looking to get ahead in the warzone that is often the workplace. However good you are, there are always times you come under fire at work. But how do you turn a crisis into an

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bounce back from every setback, rejection or criticism. You'll learn to be confident, positive and self-assured in the face of any office adversity. Arm yourself against workplace hazards like: - Harsh

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everyday fears, have Tough  
difficult conversations,  
know who to trust and who  
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Many have seen their Tough  
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dramatically and are looking  
for a safe way to protect  
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some of what they've lost.  
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author team of Ben Stein and

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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

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pounds melt off--just as he  
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achieving 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  
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fortune to "hack" his own  
biology, investing more than  
\$300,000 and 15 years to  
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through radioactive brain  
scans, blood chemistry work,  
nervous system testing, and  
more, he explored  
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technologies to reach his

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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

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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,

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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

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the world to mediation  
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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

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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

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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

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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,

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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

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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



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making better decisions,  
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performance habits, and  
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mindfulness, Dave brings  
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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-

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Aging that contribute to  
degeneration and disease  
while diminishing your  
performance in the moment.  
Using simple  
interventions—like diet,  
sleep, light, exercise, and

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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

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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,



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and proprietary trading  
groups across the globe,  
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their best, to navigate the  
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markets, and to sustain high

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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

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and setbacks and sustain  
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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



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upgrade their fasting game  
beyond calorie restriction.  
What IF eating the right  
foods at the right time can  
actually enhance your fast?

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