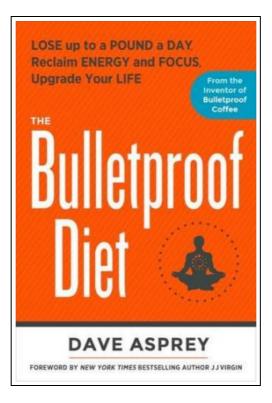
## The Bulletproof Diet Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life



Filesize: 2.37 MB

## Reviews

*This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book. (Ms. Ora Buckridge)* 

## THE BULLETPROOF DIET LOSE UP TO A POUND A DAY, RECLAIM ENERGY AND FOCUS, UPGRADE YOUR LIFE



Rodale Books. Hardcover. Condition: New. 320 pages. Dimensions: 9.3in. x 6.2in. x 1.1in.ln 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 challengeand changethe 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, youll 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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.

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