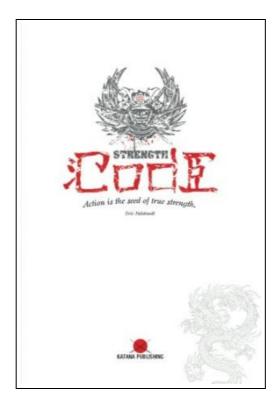
The Strength Code (Paperback)



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Reviews

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THE STRENGTH CODE (PAPERBACK)



Katana Publishing, United States, 2013. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. It s pretty safe to say that most of us want to live as healthy and successful a life as possible. So maybe we take the stairs instead of the elevator. We burn the midnight oil to finish that business proposal. We try to stop eating junk. And most of the time, this gets us nowhere.and with more junk. In The Strength Code, Eric Falstrault teaches us, in his no-frills, no-punches-pulled approach, how to identify the root of a bad habit and find a solution that will flip it into a positive, so we can lead the stronger and healthier life we ve always wanted. It takes more than stairs to condition our bodies. Working late stimulates the mind and when it s ready to wind down not only does our work suffer but so does our sleep. And taking control of our health requires much more than giving up donuts, so we shouldn t bother, unless we re ready for a complete overhaul of everything we re used to feeding ourselves. For example, one of the code's lesson is: Preserving life is a matter of what we eat. Sounds a lot like the adage, You are what you eat, doesn't it? It's easy to forget and difficult to live by, but Falstrault provides a wealth of information and advice on how to eat well, and continue to eat well, for life. Falstrault follows his five simple lessons with real-world examples of modern-day warriors, who live the lessons. We all will find ourselves identifying with these warriors on some level and consequently will learn from others mistakes. The meat of The Strength Code is served up as twelve...

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