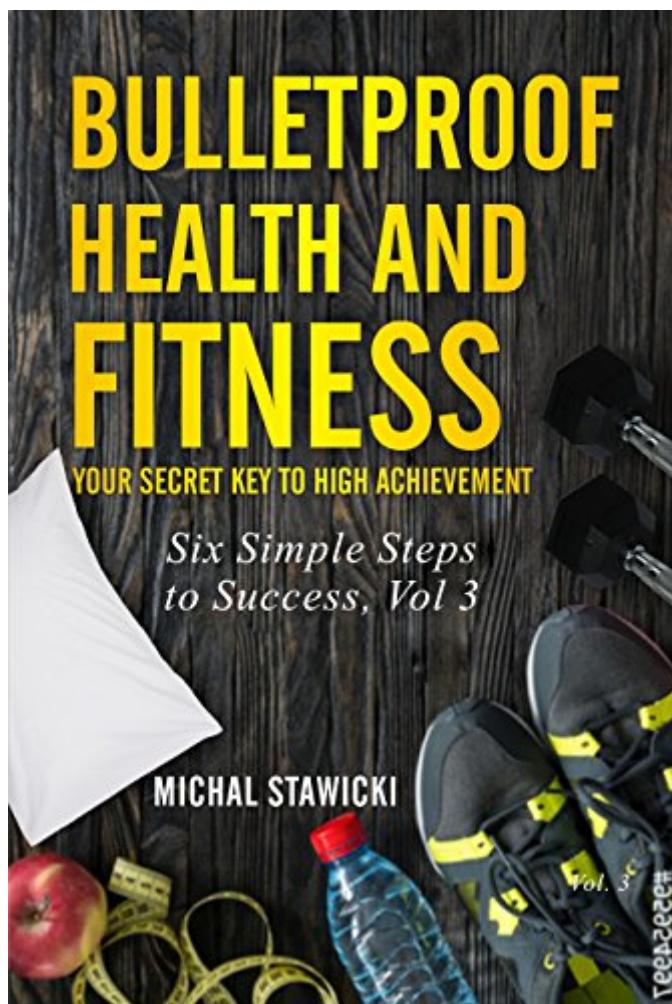


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# Bulletproof Health And Fitness: Your Secret Key To High Achievement (Six Simple Steps To Success Book 3)



## Synopsis

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 successThe single rule which determines whether any workout or diet will be a successThe biggest mistake people make when trying to get back in shapeWhy targeted habitual actions are the perfect way average people can regain and keep their healthThe only four elements you must look after to maintain your staminaWhy you can eat whatever you want and stay fitThe three things necessary for getting good sleepHow 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 pushupsWhy 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.Pick up your copy today by clicking the BUY NOW button at the top of this page!

## Book Information

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## **Customer Reviews**

Some years ago I was very much into the activities of a Yoga Guru. He also had various business including weight loss supplements. He recommended his own Amino Or supplements. The main "drawback" with these was that you had to be fasting for 3.50hours before taking then at bedtime. I took them successfully at the time but always wondered if the fact I usually stopped eating at 7pm had more to do with the weight loss than the amino or. Having implemented the 14 hour daily fast recommended by this book I now know that ceasing to eat after 7pm is a key reason for loosing weight. I will continue with the other recommendations. Thanks for all the good advice.

Though I have always enjoyed physical activity, I have lacked enough focus and consistency to stay fit. I just started reading this book, but I have already begun to understand how to translate my success in other areas of my life to developing the ability to devise a workable fitness plan and to figuring out how to make it work. I know I will finally be able to succeed at becoming fit. So far, the chapter on habits has helped me make plans. The author's fresh ideas have given me greater focus and clarity.

Michal Stawicki is my go-to author for inspiration and a plan for success. He has a masterful way of not only inspiring others but actually enabling them to get off of dead center and MOVE toward their goals. You will not get a day-to-day hold-your-hand plan, but he gives you enough ideas from his personal experiences to develop one of your own. Books with pretty how-to plans are nice to look at, but their readers often leave the ideas on the coffee table. Michal's books will get you actually moving in the right direction!

Written by a regular person with job, family and church responsibilities, this book definitely begs the question if he can, why can't I. And the path, how he's achieved his success in health and fitness, has been laid out clearly in this book....not just in theory, but detailed in free bonus page long PDFs at the end of each chapter, are the practices he applies to his own daily life. Also the reminders and action steps at the end of each chapter makes it really easy to come back and glance over the ideas over and over again.

I've been a student of fitness for most of my life. I try to keep moving daily and I'm always on the lookout for new ways to make this process shorter. Michal takes a 'regular guy' approach to the daily workout problem. He's not a fitness guru, just a regular guy that decided to take charge of his fitness and tell us about his results. This book is a great addition to my fitness arsenal. I would love to see a few HIIT workout routines in a future version of this book.

Well worth the asking price. Excellent book full of useful, practical information which has been put into practice by the author over an extended period of time.

This book provides the mindset and habits needed to transform your health and avoids most of the mainstream misconceptions out there

great book

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Workout Nutrition, Nutrition For Athletes) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Directed by Purpose: How to Focus on Work That Matters, Ignore Distractions and Manage Your Attention over the Long Haul (Six Simple Steps to Success Book 5) Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) Volleyball: Steps to Success (Steps to Success Activity Series) Rugby: Steps to Success - 2nd Edition (Steps to Success Activity Series) Weight Training-4th Edition: Steps to Success (Steps to Success Activity Series) Racquetball: Steps to Success (Steps to Success Sports Series) Softball: Steps to Success, Third Edition (Steps to Success Sports Series) Social Dance: Steps to Success (Steps to Success Activity Series) Social Dance: Steps to Success, 2nd Edition (Steps to Success) Basketball-3rd Edition: Steps to Success (Steps to Success Activity Series) Curling: Steps to Success (Steps to Success Activity Series)

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